



Honor and recognize the resiliency of people with ALS, for whom breathing is a daily challenge. Raise funds and awareness by taking part in activity or hobby of your choosing.



Submit a 30 second video showcasing your fundraiser or activity and why you Take a Breath!



MAY IS
ALS
AWARENESS
MONTH

Register as an Awareness Month Participant on our Fundraise Your Way webpage

Download available resources at lesturnerals.org/breath



LES
TURNER
ALS
FOUNDATION

Visit lesturnerals.org/breath to learn more about our Take a Breath Campaign