

# Volunteer at Walk MS®



**Walk MS is possible because of volunteers!** This year we have an all-new Walk MS experience we want you to be a part of – volunteer today and join **a powerful movement** that’s going to change the world for people with MS because **a cure is on the line.**

<b>Walk MS: Rockland</b>	<b>Saturday, June 1, 2024</b> Rockland Lake State Park –Valley Cottage, NY
<b>Walk MS: Putnam</b>	<b>Sunday, June 9, 2024</b> Mahopac Fire Dept. – Mahopac, NY
<b>Walk MS: Orange</b>	<b>Sunday, June 9, 2024</b> Village of Monroe Commuter Lot–Monroe, NY

There is a volunteer opportunity for everyone! We accept groups, families and individuals of all ages and abilities.

All volunteers receive a free t-shirt, snacks, water and verification of community service volunteer hours.

**Scan the QR code or contact Jessica Rhind, Senior Volunteer Engagement Specialist at [Jessica.rhind@nmss.org](mailto:Jessica.rhind@nmss.org) to sign up or with questions!**



**A CURE  
IS ON THE LINE.**