



# Join the "Hot Flashes" MS Walk team in the fight against multiple sclerosis!

- The MS Walks raise money for research, treatment, and support services to help people affected by multiple sclerosis.
- Much progress has been made in the fight against multiple sclerosis, but there is still a lot to be done.
- The Hot Flashes team has raised a total of over \$700,000 since its first MS Walk in 2000. Help us to raise a lot more!

**Please join the Hot Flashes team at one of these MS Walks in 2023:**

Westchester	Glen Island Park, New Rochelle	Sunday, April 30
Rockland	Rockland Lake State Park, Valley Cottage	Saturday, June 3

- If you can't make it to either of these MS Walks in person or would prefer not to, you can still participate as a "Virtual Walker" and do the walk yourself in your own community. Or sponsor us with a contribution.
- Please join us, and please ask your friends, neighbors, co-workers, and relatives to join us as well. Help stamp out multiple sclerosis!

For more information and to join the team or to donate, visit the team web site at <http://www.teamhotflashes.org>.

If you have any questions, please e-mail team captain Alan Legatt at [<ALMSWalk@gmail.com>](mailto:ALMSWalk@gmail.com).

**Go, Hot Flashes!!**

Best regards,

Alan Legatt  
Team Captain

