



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 almost \$740,000 since its first MS Walk in 2000. Help us to raise a lot more! Join us in our 25th year!!!

Please join the Hot Flashes team at one of these MS Walks in 2024:

Westchester	Glen Island Park, New Rochelle	Sunday, May 5
Rockland	Rockland Lake State Park, Valley Cottage	Saturday, June 1

- 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 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

