Join the conversation with #IWalkForFibro and #TogetherWalks

**Facebook**

*Tips:* Social media posts do better with pictures. Upload a photo of you, your team, or the Together Walk logo to share with the following posts. Always include your personal team fundraising link and thank everyone who joins or donates to your cause!

**Team Recruitment**

- Reports by the U.S. Institute of Medicine and the Department of Defense show that *more than 100 million American men, women, and children* are impacted by chronic pain. That’s 1 in 3 U.S. adults, 50% of all veterans, and 80% of veterans returning from Iraq and Afghanistan. Who do you know who has been affected? Join me in @TogetherWalks to stop chronic pain from derailing lives. Visit [INSERT YOUR PERSONAL LINK] to register and join my team, [INSERT TEAM NAME]. Together we make a difference and make fibromyalgia visible!

- I’m ready to make fibromyalgia and chronic pain diseases visible and to create a world where people have access to the treatments they need. This year, I joined the National Fibromyalgia & Chronic Pain Association’s @TogetherWalks, where I’ll be walking to raise awareness and fund research into integrative treatments. I don’t want to do it alone, so will you join me? Check it out at [INSERT YOUR PERSONAL LINK]. I’m in, are you?

- One in three U.S. adults suffers from chronic pain. It’s a national epidemic that costs more than $635 billion annually in lost productivity and medical care. What can we do about it? I’m walking and raising tax-deductible donations for the Together Walks to help raise awareness and research funds. You can join me and my team, [INSERT TEAM NAME], at [INSERT YOUR PERSONAL LINK]. Or message me to find out more! Together we make a difference!

- I’m participating in @TogetherWalks to support and celebrate [INTRODUCE WHO YOU’RE WALKING IN HONOR OF]. If you know [PERSON YOU’RE WALKING IN HONOR OF] (or even if you just know me), you know we’re going to have an amazing time! Chronic pain changes your life. Together Walks change it for good. You can join us. Visit [PERSONAL LINK] to join Team [TEAM NAME].

**Fundraising**

- #IWalkForFibro at Together Walks in honor of [PERSON YOU’RE WALKING FOR AND WHY]. I need your help to create a world where men, women, children, seniors, and our veterans have

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access to the treatments they need for life-altering, chronic pain diseases. Please show your support and donate today! Visit [INSERT PERSONAL LINK]

- 1 in 3 American adults suffer from life-altering, chronic pain. It’s time to make fibromyalgia and chronic pain diseases visible, advocate for better access to care, and encourage and fund research for integrative treatments for pain. That’s why I’m joining @TogetherWalks to help stop chronic pain from derailing lives. Please show your support and join today! Visit [INSERT PERSONAL LINK]

- Today I’ve challenged myself to get 10 donations for the National Fibromyalgia & Chronic Pain Association’s @TogetherWalks, to make fibromyalgia and chronic pain diseases visible, advocate for better access to care, and encourage and fund research for integrative treatments for pain. So far I have [#] donations (thank you [TAG DONORS]); can you help me get [#] more before the end of the day? Make your donation now at [INSERT PERSONAL LINK]! Or if you’ve already donated, please share this request.

- There are just [#] days to go until the Together Walk, and I’ve challenged myself to raise $500 more! Can you help me reach my goal? Donate now at [INSERT PERSONAL LINK]!

- Thank you to everyone who has made a donation to support my fundraising efforts for the NFMCPA’s @TogetherWalks. I am sincerely grateful. Follow my fundraising progress on my team page at [INSERT PERSONAL LINK]. For those of you who haven’t had time to check out my page yet, it’s not too late to donate!

- Thank you to [TAG DONOR], who made a donation today to support my fundraising efforts for @TogetherWalks! Who will be the next to step up? Check my fundraising progress here [INSERT PERSONAL LINK]. Together we make a difference and make fibromyalgia visible!

**Awareness**

- 1 in 3 American adults, 50% of all veterans, and 80% of veterans returning from Iraq and Afghanistan are impacted by life-altering, chronic pain diseases. Who do you know who has been affected? It’s time to do something about it! @TogetherWalks bring communities together to stop chronic pain from derailing lives by raising awareness and funds for research into integrative treatment options. Visit togetherwalks.org for more information – or just ask me how YOU can make a difference!

- One in three U.S. adults suffers from chronic pain. It’s a national epidemic that costs more than $635 billion annually in lost productivity and medical care. We have to do something. You can join Together Walks to help raise awareness and research funds. Check out these incredible events at togetherwalks.org.
**Twitter**

**Tips:** Pictures are a powerful tool and don’t take up any character counts on Twitter, so use them! Always include your personal team fundraising link and thank everyone who joins or donates to your cause. Try a link shortener, like bit.ly, for your personal link so it doesn’t take up character counts.

- Join Team [TEAM NAME] @togetherwalks and help make #fibromyalgia & #chronicpain visible! Register or donate at [PERSONAL LINK]
- 1 in 3 US adults suffers from chronic pain. #IWalkForFibro to change that statistic. Join me @togetherwalks [PERSONAL LINK]
- Join us @TogetherWalks in [CITY]! Join [TEAMNAME] at [PERSONAL LINK] and help us stop chronic pain! #IWalkForFibro
- My team is growing and we want you! Join me and [TEAM NAME] to raise #Fibromyalgia awareness @Togetherwalks [PERSONAL LINK]
- #IWalkForFibro because [EXPLAIN]. Will you join me? [PERSONAL LINK]
- Join [TEAM NAME] @TogetherWalks in [CITY]. We’re looking to grow our team by [#] people. You can be one of them! [PERSONAL LINK]
- I just donated to @fibroandpain’s #togetherwalks to increase #fibromyalgia awareness! Join me? [PERSONAL LINK]
- Join me @TogetherWalks to fund research 4 #pain treatments – donate or walk! #iwalkforfibro [PERSONAL LINK]
- Join me @togetherwalks to fund research into #fibromyalgia treatments. We walk for chronic pain patients everywhere [PERSONAL LINK]
- I’m in. Are you? Join me at @fibroandpain’s #togetherwalks in May. #iwalkforfibro Register now to raise FM awareness. [PERSONAL LINK]
- Walking for a great cause! Join me! [PERSONAL LINK]#iwalkforfibro #togetherwalks #spoonies
- Help Team [TEAM NAME] raise money for the #togetherwalks and find treatments for #fibromyalgia. #iwalkforfibro [PERSONAL LINK]
- Just registered for @fibroandpain’s #togetherwalks to raise #fibromyalgia awareness. Come join me! [PERSONAL LINK]
- Together we make a difference. Join me in the #togetherwalks to raise #fibromyalgia awareness. #iwalkforfibro [PERSONAL LINK]
- Want to help build a future without #ChronicPain? Register 4 #TogetherWalks at [PERSONAL LINK]. #IWalkForFibro
- Today’s Challenge: 10 donations to help find #pain treatments! Donate today [PERSONAL LINK] #TogetherWalks
- 50% to my fundraising goal for @TogetherWalks! Help me get to 100%: [PERSONAL LINK] #IWalkForFibro
- Honoring [NAME/PERSON] @TogetherWalks in May. Support me with a donation: [PERSONAL LINK]
- @TogetherWalks benefits @FibroAndPain and their mission to stop pain from derailing lives. Support this cause: [PERSONAL LINK]