

# #ALS

ICE BUCKET CHALLENGE



## How does it work?

If you are nominated for the Ice Bucket Challenge, you have 24 hours to fulfill it! You are challenged to fill a bucket of ice and cold water, dump it over your head and post the video on social media to prove it, accompanied by the hashtag #ALSIceBucketChallenge. You are encouraged to share what you are doing, why you are doing it, and then nominate someone else (or a group) to join you in the challenge!

## Want us to share your #ALSIceBucketChallenge? Reach us at:

FACEBOOK @ALSALBERTA

TWITTER @ALS\_AB

INSTAGRAM @ALSALBERTA

HASHTAG #ALSAB

## Hoping to fundraise online?

Visit [www.alsab.ca/icebucketchallengeforals](http://www.alsab.ca/icebucketchallengeforals) to create a fundraising page! You can create or join a team, or make a general donation toward the ALS Society of Alberta! Your Ice Bucket donations have allowed for historic ALS research investments, and have allowed the provincial societies to expand their client services programs. Visit our website to learn more!

## Questions?

Contact us at 403-228-3857 or by email [alscommunications@alsab.ca](mailto:alscommunications@alsab.ca)