

#MOVEFORMS

الجمعية
الوطنية للتصلب
المتعدد
National Multiple Sclerosis
Society



MOVE FOR MS 2025

Move for MS returns in its second edition this March – MS Awareness Month, a time dedicated to shining a light on multiple sclerosis (MS), inspiring action, and getting people moving!

More than just a movement, Move for MS is about connection, compassion, and the power of collective action.

YOUR CHALLENGE

MS Awareness Month is all about movement, and now your steps can lead to a reward! It's simple, for a chance to win an AED 1,000 Noon gift card make sure you:

1. Complete 10,000 steps daily - each day you hit this goal; you earn an entry into the prize draw!
2. Follow NMSS on Instagram @nmsocietyuae

LET'S MOVE FOR MS

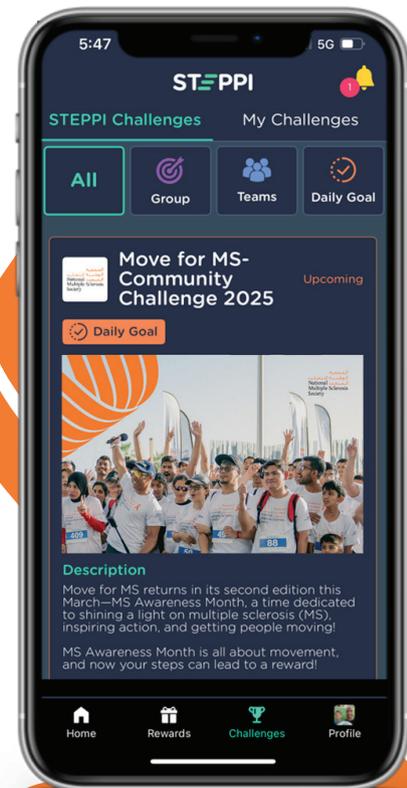
This Ramadan, let's come together to promote wellness, foster community, and make a meaningful impact.

STARTS:

FIRST DAY OF RAMADAN

HOW TO JOIN:

Download the STEPPI app	01
Create your profile	02
Click on the Move for MS – Community Challenge 2025	03
Join the challenge	04



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