



Suggested Facebook and Twitter messages for Walk to Cure Arthritis

Tips:

- Add your link to EVERY message so your friends can easily access your page to donate or register.
- Thank each of your friends on their pages. You never know who else is going to read their page and possibly donate to you.
- Have fun and make it personal.
- If you have teammates on Facebook or Twitter, post comments that help create some healthy competition.
- Make your language specific to yield better results.
- Messages with a * are specifically geared toward an audience that both checks and updates their status on a frequent basis. These messages contain a "follow up" element.

Join my Team and fundraise

Tip: Post on your friend's walls or use as a status update.

1. I'm walking to cure arthritis! Join my team today at (insert team link)
2. Fundraise with me for the Walk to Cure Arthritis! Join my team today at (insert team link)
3. I'm all about a cure for Arthritis! Help be a part of the cure and join my team! (insert team link)
4. All the cool kids will be at the Walk to Cure Arthritis on (insert date). Be a part of the cure! (insert team link)
5. I still need team members to fundraise with me at the Walk to Cure Arthritis. (insert team link)
6. *Take Action! I need five people to join my Walk to Cure Arthritis team today. Visit (insert team link)

Follow up: (Insert friend's name) just joined my team! I'm still looking for 4 more cool people to register and fundraise.

Fundraising Messages

Tip: Post as a status update and change your status message regularly.

1. Support me as I walk to cure Arthritis! Please donate to my Walk to Cure Arthritis fundraising efforts. (insert personal link)
2. Your donation can help millions of families affected by Arthritis disease. Support me as I walk to cure Arthritis. (insert personal link)
3. Your donation makes a big difference! Please support me as I walk to cure Arthritis. (insert personal link)
4. 50 million Americans are living with Arthritis. Please make a donation to my efforts to end this devastating disease. (insert personal link)
5. Arthritis is the #1 cause of disability in the U.S. Please make a donation to help cure Arthritis. (insert personal link)
6. One in five adults has been diagnosed with Arthritis by their doctor. To help cure this disease please make a donation. (insert personal link)
7. 1 in every 250 children is diagnosed with some form of Arthritis. Make a donation to help find a cure. (insert personal link)
8. Do you want to make a difference in millions of Americans lives? Support me as I walk to cure Arthritis. (insert personal link)
9. Even small donations make a big difference in the fight against Arthritis! Please donate to cure this disease. (insert personal link)
10. Do you want to help people with Arthritis live more healthy and productive lives? Please donate to cure Arthritis. (insert personal link)
11. Please support me as I participate in the Walk to Cure Arthritis. Your support makes a difference. (insert personal link)
12. *I need to raise (X dollar amount) to reach my Walk to Cure Arthritis fundraising goal. Donate (X specific dollar amount) to me today to make a difference! (insert personal link)

Follow up: Thank you (Insert donor's name) for helping those affected by Arthritis. You can support my Walk to Cure Arthritis efforts at (insert personal link)

Thank you messages

Tip: Post on your friend's walls as soon as they donate and send them an e-mail to thank them.

1. I made it to my Walk to Cure Arthritis fundraising goal! Thank you (insert donor's name) for your support as I walk to cure Arthritis. (insert personal link)
2. Thank you (insert donor's name) for supporting the Walk to Cure Arthritis. Your gift makes a big difference! (insert personal link)
3. Thank you (insert donor's name) for your support of my Walk to Cure Arthritis efforts. Together, we can help families affected my Arthritis disease. (insert personal link)
4. Thank you (insert donor's name) for your donation to the Walk to Cure Arthritis. You have helped to bring me closer to my personal goal of \$_-and helped us find a cure! (link)