

Join the Movement

The National MS Society is a collective of passionate individuals who want to do something about MS now.

Volunteers build the MS movement every day in many significant ways. Every volunteer moves us closer to a world free of MS.

Visit nationalMSSociety.org to learn more.

contact

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Local

MSPAKeystone.org

National

nationalMSSociety.org

volunteer
JOIN THE MOVEMENT

events

programs

join

walk MS

Six hundred walks.
One destination.
A world free of MS.

You'll move. You'll be moved. Join hundreds of volunteers at Walk MS in your community and enjoy an experience like no other. We have volunteer positions for all ages and all size groups. Help with registration, parking, safety, communications, medical, cheering, set up, clean up, rest stops, money counting, data entry and more. We walk together to make a powerful statement and to keep moving toward a cure.

bike MS

One hundred rides.
One destination.
A world free of MS.

You're up for the challenge—and ready for the weekend of your life! Bike MS offers an inspirational and rewarding opportunity to do something BIG for multiple sclerosis. More than 1,000 volunteers across the Chapter lend their skills, time and energy to help with planning and securing the route, recruiting cyclists and making the ride experience memorable. Accept the challenge and volunteer for Bike MS. It will be the most rewarding journey you'll ever make.

Friendly Faces

Many individuals with multiple sclerosis live in long term care facilities and would greatly enjoy just a few minutes or your time each month. This one-year program connects people with MS to volunteers and a simple conversation. Lend your kindness and compassion and get to know people with MS in your community.

Community Partners

Share your unique talent! Sign up to mow a lawn every month, put your mechanic skills to use, or donate any other talent you have for someone with MS. Love to play bridge? Would your club like to host a bingo night? You're a massage therapist and would like to teach a class? Assist the MS Society staff to organize social events for our clients to enjoy a night of fun! We can work with you and your skills to better serve people with MS.

Educational & Social Events

Support your community by volunteering at a social or educational event for people with MS. Serve a holiday meal, organize the raffle, facilitate a game, create centerpieces or check clients in as they arrive. It only takes a few hours in a fun and relaxed environment near your home.

Seasonal Opportunities

Here's your chance to brighten the lives of people with MS during the hot summer and the holiday season. The MS Society schedules visits twice a year to long-term care facilities and brings present for people living with multiple sclerosis. Help us collect donated items and turn them into great gifts. Then, make visits with us to deliver the gifts to people who truly appreciate it.

Professional Insight

Professionals commit a variety of expertise, insight and time to the MS movement. Whether you are a financial consultant, a communications expert, a policy analyst or any area that will help move us closer to a world free of MS, your time makes a difference.

Speaker's Bureau

This ongoing opportunity is perfect for brushing up on your public speaking skills. You can represent the MS Society in the community, at health fairs and at fundraising events to provide information about MS and the Chapter activities. Stand out in the crowd and spread the word about multiple sclerosis.

Marketing Outreach

Connect the dots in your community by identifying communication opportunities and distributing marketing materials. Be our local presence and keep multiple sclerosis on everyone's minds.

Advocate

Join our Action Alert team to stay on top of current events. Write to Congress or call your representative to talk about the policies and programs that affect people with MS. Let your voice be heard!

Office Support

Our events and programs take planning. Join the behind the scenes crew at the office and help with event prep, data entry, phone calls or administration.

Thank you so much for giving us the opportunity to volunteer with the National MS Society! Our group had a great time and we felt like we were really making a difference!

— Claire, program volunteer