

## Social Media Posts

### Facebook

1. 6 million individuals and wounded service members live with paralysis in the U.S. Join me in supporting Janne Kouri of @NextStepOrg who is riding his power wheelchair from L.A. to D.C. to raise awareness and funds to support these underserved individuals. [bit.ly/RideForParalysis](http://bit.ly/RideForParalysis)
2. Propel the @NextStepOrg Ride for Paralysis mission, text LA2DC10 to 20222 to make a \$10 donation. [bit.ly/RideForParalysis](http://bit.ly/RideForParalysis)
3. I will be (biking/running/walking) xx miles to raise awareness and funds to support the 6MM individuals and wounded service members living with paralysis in the U.S. Help me crush my goal of raising \$x: (Classy link)

### Twitter

1. Join me in supporting Janne Kouri of @NextStepLA who is riding his power wheelchair from L.A. to D.C. to raise awareness and funds to support 6 million people in the U.S. living with paralysis. #RideForParalysis [bit.ly/RideForParalysis](http://bit.ly/RideForParalysis)
2. Propel the @NextStepLA Ride for Paralysis mission, text LA2DC10 to 20222 to make a \$10 donation. [bit.ly/RideForParalysis](http://bit.ly/RideForParalysis) #RideForParalysis
3. I am (riding/running/walking) xx miles & raising \$x to support the 6MM individuals living with paralysis in the U.S. Help me crush my goal: (Classy link) #RideForParalysis

### Instagram

1. 6MM people live with paralysis in the U.S. Help me support Janne Kouri of @NextStepLA who's riding his power wheelchair from L.A. to D.C. to raise awareness and funds to support these underserved individuals. #RideforParalysis
2. Propel the @NextStepLA Ride for Paralysis mission, text LA2DC10 to 20222 to make a \$10 donation. #RideForParalysis
3. I am (riding/running/walking) xx miles & raising \$x to support the 6MM individuals living with paralysis in the U.S. Hit the link in my bio to help me crush my goal. #RideForParalysis

## Graphics

**ON TOUR**  
#RideForParalysis

**LA TO DC**

MARCH 10	LOS ANGELES, CA	APRIL 23-24	MEMPHIS, TN
MARCH 15-17	JOSHUA TREE, CA	APRIL 28-30	NASHVILLE, TN
MARCH 20-22	PHOENIX, AZ	MAY 3	KNOXVILLE, TN
MARCH 30-31	ALBUQUERQUE, NM	MAY 7	CHARLOTTE, NC
APRIL 5	AMARILLO, TX	MAY 10	RALEIGH, NC
APRIL 10-13	OKLAHOMA CITY, OK	MAY 12	RICHMOND, VA
APRIL 19-20	LITTLE ROCK, AR	MAY 15	WASHINGTON DC

@NextStepLA rideforparalysis.org



**LA TO DC**  
**TEXT TO GIVE**

**\$10 TEXT LA2DC10 TO 20222**

**\$20 TEXT LA2DC20 TO 20222**

A one-time donation of \$10.00 or \$20.00 will be added to your mobile phone bill or deducted from your prepaid balance. Donor must be age 18+ and all donations must be authorized by the account holder (e.g. parents). By texting YES, the user agrees to the terms and conditions. All charges are billed by and payable to your mobile service provider. Service is available on most carriers. Donations are collected for the benefit of the NextStep by the Mobile Giving Foundation and subject to the terms found at [www.hmgf.org/t](http://www.hmgf.org/t). Message & Data Rates May Apply. You can unsubscribe at any time by texting STOP to short code 20222; text HELP to 20222 for help.

<https://nextstep365.org/pages/privacy-policy>

**Video**

<https://vimeo.com/307150135>

**Fundraising Outreach Email**

On xx xx, 2019, I am joining Janne Kouri, Founder of [NextStep](#), as he embarks on the adventure of a lifetime riding his power wheelchair from Los Angeles to Washington, D.C.

I will be (running/biking/walking) xx miles from (location) to (location) to raise awareness and funds to support the 6 million individuals and wounded service members living with paralysis in the U.S.

Please help me crush my goal of raising \$x for this important cause: (Classy link)

Want to join the adventure? [Learn](#) how you can meet us on the road.