

MND
ACTION
MONTH

ICE BUCKET CHALLENGE

MAKE AN ICY SPLASH AND HELP BEAT MOTOR NEURONE DISEASE

MND takes away the use of your arms and legs, even eating, swallowing, speaking and ultimately the ability to breathe. Often within months.

Take on the iconic **ICE BUCKET CHALLENGE** during June and help fund research, advocacy, and support.

Together, we can beat MND

Sign up at mndmonth.org.nz