

# #Swing4ALS Challenge Instructions

Join us on March 1<sup>st</sup>, as we take down ALS one swing at a time!

The #Swing4ALS Challenge is a social media movement that highlights the challenges and adaptability of the ALS Community. We encourage creativity in your video, so feel free to express your unique swing!

## #Swing4ALS Challenge Instructions:

1. State your name and who nominated you to do the #Swing4ALS Challenge.
2. Nominate 3 individuals to complete the #Swing4ALS Challenge in 24 hours. Don't forget to tag your nominees!
3. Perform your creative swing.
4. Sign off by saying "Keep Swinging."
5. Post your video to social media using the hashtag #Swing4ALS.

## CLICK TO LEARN MORE

Posts are encouraged on Instagram, Facebook, and Twitter. Use the #Swing4ALS hashtag in all posts and tag Boge Golf and I AM ALS to be reposted! CHECK OUT OUR PAGES BELOW.



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