



MOVE FOR MS 2025

Move for MS returns in its second edition this March — MS Awareness Month, a time dedicated to shining a light on multiple sclerosis (MS), inspiring action, and getting people moving!

More than just a movement, Move for MS is about connection, compassion, and the power of collective action.

YOUR CHALLENGE

MS Awareness Month is all about movement, and now your steps can lead to a reward! It's simple, for a chance to win an AED 1,000 Noon gift card make sure you:

- 1. Complete 10,000 steps daily - each day you hit this goal; you earn an entry into the prize draw!
- 2. Follow NMSS on Instagram @nmsocietyuae

LET’S MOVE FOR MS

This Ramadan, let’s come together to promote wellness, foster community, and make a meaningful impact.

STARTS:
FIRST DAY OF RAMADAN

HOW TO JOIN:

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