

GIVE A LIFT TO THOSE WITH ALS

SHARE A PIC, NOMINATE AND DONATE

ALS is a disease that makes muscle movement progressively difficult. So let's fight this debilitating disease with a simple joyful physical expression. Lift someone up and pose for a pic. Then share, nominate someone else to do the same, and encourage donations for every picture generated.

Keep ALS down. Raise funds for research with a lift.

