

<Your Name>  
<Your Address>  
<Your Phone>  
<Your Email>

### **ME/CFS Awareness Day, May 12**

Enclosed with this letter are a blue ribbon and a leaflet about ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome). I'm inviting you to wear this blue ribbon on ME/CFS Awareness Day, Wednesday May 12.

Each blue ribbon worn on ME/CFS Awareness Day demonstrates support for people with ME/CFS, their carers and families, friends and communities. I am a person with ME/CFS, an illness with little understanding and without a cure or effective treatment.

I'm sending you this ribbon because you are my family, friend or in another way a person who makes a direct and important contribution to my life and health and that of other people with ME/CFS.

People receiving these ribbons include my Grandma, my Mum and Dad, the Mayor of <Your Municipality>, <His/Her Name> and <Your Local Federal and State Members of Parliament>, <Their Names>.

Each blue ribbon represents a small donation that I have made on your behalf to ME/CFS Australia (Victoria) to help support their work.

I hope you'll help me to raise awareness of ME/CFS on May 12.

For more information on ME/CFS please contact:

ME/CFS Australia (Victoria), Ph. (03) 9791 3100, [www.mecfs-vic.org.au](http://www.mecfs-vic.org.au)

ANZMES (Associated New Zealand ME Society), Ph. (09) 269 6374, [www.anzmes.org.nz](http://www.anzmes.org.nz)

#### **About Me**

<Include a short paragraph about you, including your age and brief history of your condition. Include how ME/CFS has affected your ability to work, go to school, engage in social activities.>

Thank you for your support. I couldn't do this without you.

<Your Name>