

RLS AFFECTS 12 MILLION AMERICANS

- R**efer your doctor to www.rls.org/PhysicianEd to learn more about RLS.
- L**ike, share and comment on RLS Foundation messages that inspire you on Facebook, Instagram, YouTube and Twitter.
- S**upport others in your community by starting an RLS Support Group in your area.

#RLSAWARE



Help others
become
RLS AWARE



- A**dd an RLS T-shirt to your wardrobe to start conversations with friends. Go to www.rls.org/shop.
- W**atch a webinar with a friend or family member to better understand RLS.
- A**dd this RLS AWARE poster to your workplace, community center or library. Visit www.rls.org/poster.
- R**emember to "pay it forward" with a gift membership by going to www.rls.org/pay-it-forward.
- E**ducate friends, family and coworkers about your RLS. Find help and answers at www.rls.org. You are not alone!