Pledge to Care

A Request to ~ My Family And Friends
Please Pledge To...

1. **Always stand beside loved ones** with fibromyalgia, and support the patients’ quest for a better quality of life.

2. **Act as an advocate** to insure that loved ones receive the best possible medical care, and help—or get help—when it is needed.

3. **Be respectful of loved ones** physical limitations and help-or get help-when it is needed.

4. **Educate others** about fibromyalgia and encourage them to provide people with fibromyalgia with support and understanding.

5. **Advocate** for improved treatments, expanded research and an increased awareness and acceptance of fibromyalgia.

6. **Always love and support the people** in your life living with fibromyalgia.

Signature:

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I’m taking the pledge!