

## **Tweeting for Blue Ribbon Campaign**

- The goal of these guides is to get you to tweet for the Blue Ribbon Campaign for ME/CFS.
- To teach you how you can use twitter to become an activist
- To teach you how to spread the BRC message far and wide.

It would be enormous help to us if you would use our listed tweets and tweet them to your followers. We have done our best to keep our tweets to 130 characters to make it easier for others to RT them. You will notice all URL's are shortened with sharing capability to make the message easier to tweet and to share with others.

## **Tweets you can tweet for the Blue Ribbon Campaign for ME/CFS**

Please copy the tweet into Twitter, or you can use Tweetlater or FeedMyTwitter to put them into revolving circulation.

**RT @Cycle4Hope4ME: If there are other cyclists who want to join me along my route, please let me know. <http://ow.ly/dSGg> NFLD route.**

**The One Spoon Campaign: Join our Cause on Facebook <http://ow.ly/cXV5> and invite 100 friends. #brc4ME**

**One spoon for #ME/CFS campaign: Send a Blue Ribbon For #ME/CFS on Facebook <http://ow.ly/eJve>**

**The Blue Ribbon Campaign 4 #ME/CFS video group. Join the gathering of whispers. <http://ow.ly/f94v>**

**Voices 4 a Cure For #ME/CFS <http://ow.ly/b38v> - Watch. Share. Connect with us to fight this devastating disease. #BRC4ME**

**RT @stroopwaffle For people with severe M.E., there are zero spoons to start with. (Spoon Theory: <http://bit.ly/FRPO>) #brc4me #spoonie**

**If you have #ME/CFS what is the thing you hate hearing the most when you tell people you have the disease? Tag with #BRC4ME**

**Every person who learns helps us. Voices 4 a Cure For #ME/CFS <http://ow.ly/cDY5> #BRC4ME**

**#ME/CFS Separate illnesses? Scotland says yes. We say no. Read why -> <http://ow.ly/975M>**

**2010 "Voices 4 a Cure" ME/CFS Awareness Day <http://ow.ly/bbeQ> Have you RSVP'd your YES?**

**A "Memorial" to those who have died because of #ME/CFS <http://ow.ly/bbeC> Click and think of 28 million with this disease RT**

**Join our Blue Ribbons For ME/CFS Application Fan Page <http://ow.ly/b36o>**

DIARY OF AN M.E. SPOUSE <http://ow.ly/aZ7F> #BRC4ME

One tweet for #ME/CFS <http://ow.ly/aW2u> could mean the world to me/cfs patients. Please support us.

Light A Candle 4 #ME/CFS <http://ow.ly/f9hQ> #BRC4ME

ME, CFS, and I by Joe Cassels <http://ow.ly/9o3Z> #BRC4ME

2 many symptoms, 2 little research & exposure 4 #ME/CFS. Help us fight w/ the #brc4ME @ <http://ow.ly/97kP> . #health

What support looks like: 1) Ask someone how they are 2) Ask what they are doing 2 cope 3) Ask them what you can do.

Want to know what living with #me/cfs is like? <http://tinyurl.com/pfr948> <-----Click there.

In rare occasions, ME/CFS has developed following a blood transfusion.- J of Chronic Fatigue Syndrome, Vol. 11(1) 2003, pp. 7-115

ME/CFS is more common than AIDS, Breast Cancer, and Lung Cancer --L. Jason #brc4ME <http://ow.ly/97kP> Display the blue.

Collectively, 28 million whispers can be a shout that no one can deny!!! <http://ow.ly/97kP>

Join my Twibe for ME/CFS [twib.es/AXN](http://twib.es/AXN)

Blue Ribbon Campaign for ME/CFS <http://ow.ly/97kP>

What I wish for you is: validation, compassion, understanding, empathy, respect, support, and health.

I've had patients who met PTSD criteria where their trauma was their interaction with <http://bit.ly/B5afP>

Not a somatic disorder, but someone's fighting for it to be made so.. <http://bit.ly/jy8BA>

A million whispers can become a voice that must be heard. #brc4ME <http://ow.ly/97kP>

Teri raising awareness for ME/CFS and discussing the drug Ampligen <http://ow.ly/97a0> <- click here to watch

Testing Prof. Kenny de Meirleir's test - By Ciaran Farrell --- A must read <http://ow.ly/a2ms>

I have treated more than 2,000 AIDS and CFS patients in my career. And the CFS patients are MORE sick and <http://bit.ly/1L1E9>

Our first promotional videos are out. 3 part series. What it's like to live with ME/CFS <http://bit.ly/KAUUQ>

Version 1.0 June 21, 2009

© Andrea Martell. All Rights Reserved. Please email [info@blueribboncampaignforME.org](mailto:info@blueribboncampaignforME.org) about adapting this twitter guide for your cause.