

# **Individual advocate checklist**

**Developed by:  
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- \_\_\_ Register and vote
- \_\_\_ Join others in legislative visits.
- \_\_\_ Write or e-mail Members of Congress.
- \_\_\_ Write letters to the editor.
- \_\_\_ Share your story at a public meeting, hearing or to the press.
- \_\_\_ Attend lobby days for your organization.
- \_\_\_ Ask other family members and friends to do the same.