

EIGHT TIPS FOR LOCAL ADVOCACY

HOW TO SUCCESSFULLY ADVOCATE FOR MEDICAL FREEDOM IN YOUR TOWN

- 1 Get to know your local officials: your county commissioners and city councilmen.** Find out their personal interests and their reasons for running for office. Use this knowledge to find common ground with them on your issues. Remember to always remain respectful; it's your job to educate and build bridges for health freedom.
- 2 Be visible to your local officials.** Attend their town halls, ask for a one-on-one meeting or simply attend and observe county meetings. Visibility starts the relationship and elevates your status as a stakeholder in local policy issues. Follow them on social media and engage respectfully in this modern "town square."
- 3 Determine whether one of your local officials is or could be a health freedom champion.** This is one of your most powerful tools. If an official is willing to prioritize health freedom, collaborate with them to strategically move the needle.
- 4 Be vocal and bring a local health freedom doctor, nurse, chiropractor, attorney, retired police officer, and/or well-spoken citizen with you to every single meeting you can.** In some cases, quality of voice is better than quantity. In other cases, showing up with as many constituents as possible proves that the town cares about this issue.
- 5 Allot speaking time to your top 5-10 speakers, if your plan is quality over quantity for public testimony.** Give each one 6-9 minutes, instead of the typical 2-3 minutes. Organize your speakers to allow the leading experts or those with the most compelling stories to speak first.
- 6 Always bring factual evidence and leave a printed copy for the record.** Solid, concise evidence can transform even the most apprehensive mind. Make sure you follow up with an email of the evidence, as well.
- 7 Hold officials accountable by working to replace those who are not health freedom minded.** Work diligently during the next election cycle to vote them out. At the same time, support candidates who stand for health freedom.
- 8 Meet with your sheriff.** He or she is also a local elected official. Find out whether he or she is a constitutional sheriff, as they can be your biggest ally for health freedom. For more info go to standforhealthfreedom.com/actions/sheriff/