### Advocacy Menu

#### Lighter Fare

- **Follow IPHA on [Facebook](https://www.facebook.com), [LinkedIn](https://www.linkedin.com), and [Twitter](https://twitter.com)**
  - 2 minutes
- **Identify your elected officials**
  - 2 minutes
- **Sign up for [APHA action alerts and legislative updates](https://www.apha.org)**
  - 2 minutes
- **Check your voter registration status (or REGISTER!) at [Indiana Voters.com](https://www.indianavoters.com) and mark your calendar for the 2022 elections on May 3 and November 8**
  - 4 minutes
- **Enter your elected officials’ contact info into your phone**
  - 5 minutes

#### Classics

- **Contact your elected officials and provide information and perspective on an issue you care about**
  - 10 minutes
- **Donate to the advocacy work of IPHA as we support and defend public health**
  - 10 minutes
- **Invite others to [join IPHA](https://www.apha.org) and [register to vote](https://www.indianavoters.com)**
  - 15 minutes
- **Familiarize yourself with [APHA Speak for Health](https://www.apha.org) resources and other partner materials**
  - 30 minutes
- **Write a letter to the editor or op-ed for local media**
  - 45 minutes
- **Volunteer your time to help a candidate, cause, or organization**
  - 60 minutes

#### Family Style

- **Encourage civic participation among friends, colleagues, partners, and neighbors**
  - 15 minutes
- **Host a gathering of friends and partners to inform others about priority policy issues and opportunities to advocate**
  - 1-2 hours
- **Attend a town hall, listening session, or candidate forum and ask about important topics. [Sample questions and guidance are available here.](https://www.apha.org)**
  - 1-2 hours
- **Participate in policy forums and statehouse advocacy days**
  - 2-4 hours