



Attend a Congressional Town Hall Meeting or Local Event

Find a Town Hall Meeting or Event in Your Area

- Go to <https://townhallproject.com> or your legislator's website, Facebook page or Twitter feed to find the date, location and time of events.
- Check your local newspaper for announcements about upcoming town hall meetings, congressional office hours, telephone town hall calls, etc. Events are often announced on short notice or sometimes scheduled at the last minute.

Preparing for a Town Hall Meeting or District Event

- Register (if required) for the town hall meeting or event.
- Visit your legislator's website and social media sites to read their latest press releases, speeches or newsletters to learn about the issues they are following.
- Write down one or two brief questions to ask during the event. Focus on a specific subject—such as funding for the National Institutes of Health – and ask in a way that will generate more than a “yes” or “no” response. (Sample questions are provided below.)
- Do not include long introductory statements – just state your name and the town where you live or work.
- Practice asking your question(s) until you can recite them in 25 seconds or less.
- On the day of the meeting:
 - Arrive early and sign-in. Ask if you need to sign-up to ask a question.
 - Silence the volume on your cell phone.
 - Introduce yourself to your legislator and his or her staff and offer your business card or other contact information.
 - Sit in the front of the room so you can be seen more easily when it is time for questions answers (or reach the microphones located in the aisles).

Sample Questions to Ask at a Town Hall Meeting

- What is your position on federal funding for biomedical research (and specifically the National Institutes of Health)?
- Where does funding for biomedical research fit on your overall list of priorities?
- How do you feel about increasing federal funding for biomedical research?
- What are you planning to do to show your support for federal funding for research?
- In your opinion, how does federal funding for research benefit [*state or district*]?
- Do you have any concerns about the proposed budget for the upcoming fiscal year?
- What specifically concerns you about the budget proposal that was released by the White House earlier this year?