



Greetings All-

As the world celebrates the 8th annual **LGMD AWARENESS DAY** on **September 30, 2022**, we invite you to help us **Advocate • Educate • Celebrate!**

"I AM LGMD". This message shares that we accept we have LGMD, but that there is more to the story. We are not just someone who lives with LGMD. We are someone – a mother, a teacher, a friend, a son, etc. – LGMD is a part of us, but it doesn't define us. Our lives are so much more than that, and we are all in this great fight together. **The act of collaborating globally makes us stronger than we could ever be alone.**

Your participation in the 2022 LGMD Awareness Day activities is important. This is your day to share your story in your own words by spreading awareness of LGMD. Doing this can spread much faster when more individuals, from all parts of the world, share their story and spirit remotely through reposts, shout outs and snaps of the LGMD Awareness sticker to your favorite platforms. There is power in action.

TOGETHER WE ARE STRONGER!

Take a moment to shine a light on yourself and the importance of LGMD Awareness today!

ADVOCATE: 2022 GIRDIE STICKER CAMPAIGN

Upload a picture of you and your Girdie sticker to social media on or around September 30. Please include your location, the hashtag #LGMDAwareness and don't forget to tag @LGMDAwareness so we can see where in the world Girdie is spreading LGMD awareness!



EDUCATE: KNOW THE FACTS AND HELP RAISE AWARENESS

Help Girdie educate the world about LGMD. Share these facts with family, friends, co-workers, and your community.

1. Limb-girdle muscular dystrophy (LGMD) are rare neuromuscular conditions that causes severe muscle loss and effects people all over the world.
2. Early symptoms of limb-girdle muscular dystrophy (LGMD) may include difficulty climbing stairs, frequent falls, difficulty rising from a seated position or even the inability to stand on toes.
3. Currently there is no cure, but every year, science is moving closer to a treatment for limb-girdle muscular dystrophy (LGMD) thanks to the members of the scientific community and the organizations who fund their research efforts.

For more LGMD Facts, visit <https://www.lgmd-info.org/what-is-lgmd/lgmd-facts>

CELEBRATE: WEAR LIME GREEN!

The 2022 Sticker Campaign shows Girdie dancing as we celebrate all the exciting things happening in our little community! There is a reason for HOPE. Even with bad days that we all have where we feel like LGMD is winning in our fight, there is so much hope that is helping us eventually win that fight. So, we are proud to say, "I AM LGMD"! We have a whole community that shares in the same symptoms, tears, heartaches, bad days, good days and triumphs. As you **CELEBRATE**, consider wearing lime green-colored attire to help raise awareness. When posting your pictures on social media, please include your location, the hashtag #LGMDAwareness and don't forget to tag @LGMDAwareness.

If you have any questions or need more information, please do not hesitate to contact us at info@LGMD-Info.org