As the world celebrates the 9th annual LGMD AWARENESS DAY on September 30, 2023, we invite you to help us

Advocate • Educate • Celebrate!

There is power in action. Whether you are a long-time community member, or new to the scene, your participation is important. This is our day to unite and spread awareness of limb-girdle muscular dystrophy (LGMD) to get us closer to a cure.

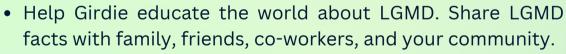


### ADVOCATE: 2023 Girdie Sticker Campaign



- Share a photo of you and your Girdie sticker on social media on or around September 30.
- Include your location, #LGMDawareness, and tag @LGMDawareness so we can see where Girdie is spreading LGMD awareness in the world!

#### EDUCATE: Know The Facts



• Scan QR Code for LGMD Facts



Incorporate the color lime green to raise LGMD awareness.

- Post photos on social media
- Include your location, #LGMDawareness, and tag @LGMDawareness.





## **Together We Are Stronger**

# LGMD Awareness Foundation, Inc. and the consortium of LGMD Foundations

Coalition to Cure Calpain 3
CureLGMD2i Foundation
Dion Foundation
Jain Foundation
Kurt+Peter Foundation
LGMD-1D DNAJB6 Foundation
LGMD2D Foundation
LGMD2i Research Fund
LGMD2L Foundation
McColl-Lockwood Laboratory for MD Research
Stichting SpierKracht
The Speak Foundation
Team Titin

#### **Our Advocacy Partners**

ADM Argentina - Grupo LGMD Argentina
AFM-Telethon Groupe d'intérêt LGMD
Ayushkama Foundation
Conquistando Escalones ODV
Daniel Ferguson LGMD Foundation Ltd
DGM-LGMD
GFB Gruppo Familiari Beta-sarcoglicanopatie
LGMD Network CAB

Muscular Dystrophy Association of NZ

Muscular Dystrophy Foundation of South Africa

Nationwide Children's Hospital

Newcastle University

PROYECTO ALPHA

TREAT-NMD Neuromuscular Network Ltd

UILDM - UNIONE ITALIANA LOTTA ALLA

University of Kansas Medical Center





LGMD Awareness Day is a project of LGMD Awareness Foundation, a 501(c)(3) advocacy organization dedicated to globally raising awareness of the rare neuromuscular diseases known as limb-girdle muscular dystrophy (LGMD).