

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**

- Help Girdie educate the world about LGMD. Share LGMD facts with family, friends, co-workers, and your community.
- Scan QR Code for LGMD Facts



## ● **CELEBRATE: Wear Lime Green**

Incorporate the color lime green to raise LGMD awareness.

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



Questions?  
Info@LGMD-Info.org

**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  
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University of Kansas Medical Center

WE GRATEFULLY ACKNOWLEDGE



FOR GENEROUSLY SPONSORING THE  
2023 GIRDIE STICKER CAMPAIGN



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).

[LGMD-Info.org](http://LGMD-Info.org)