

September is Muscular Dystrophy Awareness Month, and September 30th is LGMD Awareness Day. Let's take this opportunity to shine the "limelight" on LGMD throughout September! Consider posting or sharing an LGMD "Did You Know" Fact each day!

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| <input type="checkbox"/> DAY 1: Visit LGMD-Info.org to learn about LGMD Awareness Day. | <input type="checkbox"/> DAY 11: Change your email signature to include a link to LGMD resources. | <input type="checkbox"/> DAY 21: Host a small fundraiser for LGMD research. |
| <input type="checkbox"/> DAY 2: Follow @LGMDawareness on Facebook, Instagram, X, LinkedIn, and TikTok. | <input type="checkbox"/> DAY 12: Share the LGMD Awareness Day Press Release with local media. | <input type="checkbox"/> DAY 22: Download and use the LGMD virtual meeting backgrounds. |
| <input type="checkbox"/> DAY 3: Share an LGMD "Did You Know" fact with your social media followers. | <input type="checkbox"/> DAY 13: Host a virtual trivia night focused on LGMD facts and glossary terms. | <input type="checkbox"/> DAY 23: Share information about LGMD patient registries . |
| <input type="checkbox"/> DAY 4: Download and use the LGMD Awareness Day logo as your profile picture. | <input type="checkbox"/> DAY 14: Encourage a friend to learn about LGMD and share their knowledge. | <input type="checkbox"/> DAY 24: Write a blog post or article about LGMD Awareness Day. |
| <input type="checkbox"/> DAY 5: Read a Spotlight Interview from someone living with LGMD. | <input type="checkbox"/> DAY 15: Download and display the LGMD Infographic Flyer . | <input type="checkbox"/> DAY 25: Create and share a short video explaining LGMD. |
| <input type="checkbox"/> DAY 6: Wear lime green to show support and post a photo online. | <input type="checkbox"/> DAY 16: Participate in the LGMD Awareness Coloring Contest. | <input type="checkbox"/> DAY 26: Encourage your workplace to recognize LGMD Awareness Day. |
| <input type="checkbox"/> DAY 7: Share the LGMD Awareness Day Toolkit with friends. | <input type="checkbox"/> DAY 17: Reach out to a local business to support LGMD Awareness Day. | <input type="checkbox"/> DAY 27: Share the LGMD Advocacy Bundle with healthcare professionals. |
| <input type="checkbox"/> DAY 8: Write to a local policymaker about LGMD Awareness Day. | <input type="checkbox"/> DAY 18: Share a Spotlight Interview on social media. | <input type="checkbox"/> DAY 28: Participate in an LGMD Awareness Contest. |
| <input type="checkbox"/> DAY 9: Join an online LGMD support community . | <input type="checkbox"/> DAY 19: Learn about genetic testing options for LGMD. | <input type="checkbox"/> DAY 29: Prepare a lime green outfit for tomorrow's awareness day. |
| <input type="checkbox"/> DAY 10: Post a personal story or testimonial related to LGMD. | <input type="checkbox"/> DAY 20: Post a myth vs. fact about LGMD to educate others. | <input type="checkbox"/> DAY 30: Celebrate LGMD Awareness Day by attending or hosting an event. |

Thank you to our LGMD Awareness Day Sponsors:



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