

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!

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

Thank you to our LGMD Awareness Day Sponsors: