

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!

#LGMDday2026

August to-do list:

- Review the simple-to-use LAD Toolkit on the LAF website. Everything you need to be successful is at your fingertips! A few new resources have been added for LAD 2025, including several activity sheets for all ages and a link to order our Meet Girdie activity books. All you have to do is plug and play to elevate LGMD Awareness. lgmd-info.org/toolkit
- Decide on the ways you will spread LGMD awareness.
- State proclamation requests should be submitted as soon as possible. Be sure to share with us if a proclamation is granted. The toolkit contains a sample letter to your governor and proclamation statements. The LAF website will also feature a map showing which states recognize LAD 2026.
- If hosting an event, secure a date, time, location, lime green decorations, etc.
- Order LGMD Awareness swag. Our vendor, Print Your Cause, has many items to choose from – including items for youth ages 0+, hats, doggie scarves, and many more. lgmd-info.org/shop

September Week #1:

(9/1 – 9/6)

- Download and use our specially designed LinkedIn banners and Facebook timeline covers. Invite your network to join the movement!
- Change your desktop and phone wallpaper.
- Post 2 of the provided social media posts on your personal and organization's page (preferably on different days)

September Week #2:

(9/7 – 9/13)

- Post 2 of the provided social media posts on your personal and organization's pages throughout the week.
- Remember, there are logo and style guides in the toolkit for your use.
- Consider sending a press release LAD 2025 to your local media outlets. The toolkit includes a sample press release.
- Read some of our Spotlight Interviews with patients and organizations. If you haven't submitted a Spotlight Interview for you and/or your organization, go for it!

September Week #3:

(9/14 – 9/20)

- Post 2 of the provided social media posts on your personal and organization's pages throughout the week.
- Download the Girdie coloring pages and print some for family and friends of all ages. Encourage them to submit their masterpieces to our LGMD Awareness Coloring Contest—there are prizes!
- If you are planning an event, firm up details.

September Weeks #4 & 5:

(9/21 – 9/29)

- Post 2 of the provided social media posts on your personal and organization's pages throughout the week.
- If you haven't already, download the LGMD Infographic Flyer and share it on social media. Print some to distribute at your event.
- Submit your coloring page masterpiece!

LGMD Awareness Day:

Tuesday, September 30

- Post the last 2 provided social media posts on your personal and organization's pages.
- Proudly wear, use, or display your LAD swag.
- Share photos of your LGMD Awareness efforts on social media.
- Celebrate LGMD Awareness Day and our beloved LGMD community!

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Questions? Info@LGMD-Info.org