

# Resource Materials



## **LGMD Awareness Day – Resource Materials**

The Limb Girdle Muscular Dystrophy Awareness Day team has developed these resources to help you plan and implement your local Limb Girdle Muscular Dystrophy Awareness Day efforts.

As individuals with Limb Girdle Muscular Dystrophy (LGMD) we live in different geographic areas, speak different languages and observe different customs. As an ambassador for LGMD Awareness Day you are encouraged to adapt activities in accordance with your customs. Our goal is to reach the widest audience possible.

By telling your story and sharing your experiences, you help others understand what it is like to live with LGMD. You play an important role in this global awareness campaign. Reach out to your local media reporters, including TV, radio, newspapers, online reporters and bloggers, and give them information about LGMD Awareness Day and your particular story.

## ***LGMD Awareness Day – Resource***

# ***Materials***

Below are a number of resources, including sample press releases, letters-to-the-editor, and governor's letters and state proclamations that you can download and customize in less than 5 minutes...along with photos to use with social media. Feel free to use and share these LGMD Resource Tools with others.

## **Press & Media Resources:**

- **Frequently Asked Questions (FAQ)**     [lad2017-frequently-asked-questions-faq](#)
- **Sample Press Release – (TEMPLATE)**     [lad2017-press-release-sample](#)
- **Sample Letter to the Editor – (TEMPLATE)**     [lad2017-letter-to-editor-sample](#)

## **Proclamation Resources:**

- **List of State Contacts & Guidelines for Proclamations –**     [state-proclamation-list-contact-info-2017](#)
- **Sample Letter to the Governor – (TEMPLATE)**     [lad2017-proclamation-letter-to-gov-sample](#)
- **Sample State Proclamation – (TEMPLATE)**     [lad2017-proclamation-sample](#)
- Visit our [Proclamation webpage](#) for more details and assistance

## **“LGMD Spotlight Interview” Materials:**

- [Global LGMD – Spotlight Questionnaire Form](#) (WORD Format)
- [Global LGMD – Spotlight Questionnaire Form](#) (PDF Document)
- [LAD Release Form](#) (PDF Document)
- You will also need to submit a photo of yourself in

**.jpeg format**

- **Please Note:** *Completed questionnaire, signed release form and your .jpeg photo should be returned via e-mail to: [lgmd.day@gmail.com](mailto:lgmd.day@gmail.com)*
- Visit our [Spotlight Interview webpage](#) for some previous interview examples

## “Dare to Bust A Move” Challenge

- [DARE TO BUST A MOVE Sample Script](#) (PDF Format)

## **Green Balloon Campaign**

- Get [Virtual Green Balloon](#) for LGMD 2017 – On the Muscle Owl [page](#), and enter a comment with what you would like to appear on the balloon, they will make a balloon and post the picture as a reply to your comment in a day or two.

## **Twibbon Campaign**

- Update your social media photo with a [Twibbon for LGMD Awareness Day](#)

## Assorted Photos to Download

- Photo that can be used on your Facebook page as your



‘[cover photo](#)’

- Photo that can be used on your Facebook page as your

I SUPPORT



‘[profile photo](#)’



- ‘Mark your calendar’ [photo](#)
- ‘Web page banner’ [photo](#)



- LGMD Awareness Day [Logo](#)

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Towards LGMD Research & Support

