



**Carol Abraham**

Founder & International Coordinator

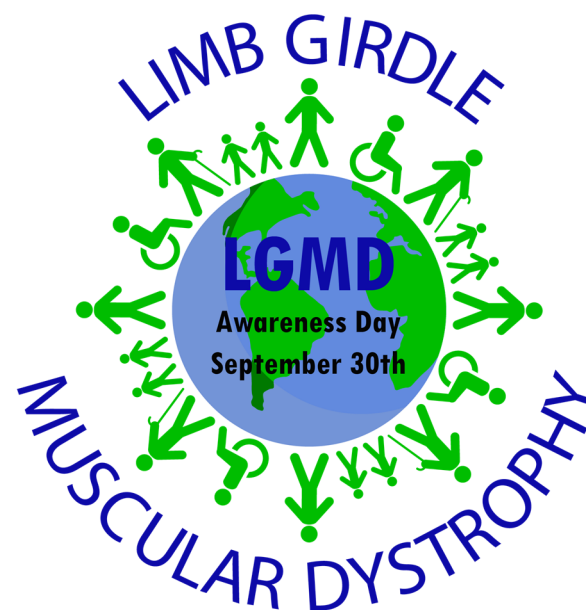
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**[LGMD-Info.org](http://LGMD-Info.org)**



**A collaborative effort to globally raise awareness  
of the rare neuromuscular diseases known as  
Limb Girdle Muscular Dystrophy (LGMD)**

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

 [Facebook.com/LGMDAwarenessDay](https://www.facebook.com/LGMDAwarenessDay)

 [@LgmdDay](https://twitter.com/LgmdDay)

## “Limb Girdle Muscular Dystrophy Awareness Day”

Celebrated Worldwide on September 30<sup>th</sup>

### Support Limb Girdle Muscular Dystrophy Awareness Day!

We invite everyone who has been diagnosed with Limb Girdle Muscular Dystrophy (LGMD), family members, health care professionals, researchers, drug developers, and public health organizations as well as any other group with an interest in LGMD to join together and help us increase awareness of these rare and progressive neuromuscular diseases which historically have *not* gotten the attention that they deserve.

Our goal is to globally draw attention to this group of rare neuromuscular diseases which impacts the lives of many from childhood through adulthood. LGMD occurs in all parts of the world & among all ethnic groups. Unfortunately, many patients living with LGMD have limited knowledge of their LGMD diagnosis and the progressive disease process.

Through our website and various social media outlets, our LGMD advocacy efforts have an expansive reach and influence.

### Where is Limb Girdle Muscular Dystrophy Awareness Day Held?

Limb Girdle Muscular Dystrophy Awareness Day is celebrated and acknowledged annually on September 30<sup>th</sup>. People in all parts of the world organize activities to commemorate the day according to their customs.

## The Information Hub of the LGMD Community:

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

Our focus is to provide curated educational information and resources for the LGMD community and public through our website, social media and at LGMD related events.

### On-Going Initiatives:

#### Educational components:

- LGMD Facts
- Spotlight Interviews focused on
  - Individuals with LGMD
  - LGMD Researchers
  - LGMD Focused Organizations & Foundations

#### Call to Action Campaigns:

- “Lime Green for LGMD” Campaign
- Proclamation Requests (from states and other governmental bodies)

#### LGMD Resources:

- Links to Over 65 Online LGMD Related Support Groups
- Details of Upcoming LGMD Events
- LGMD Focused Organizations & Foundations
- International LGMD Genetic Testing Resources
- International LGMD Patient Registries
- Clinical Trials & Natural History Studies
- Plus Much More

“Together We Are Stronger”