

2020 LGMD AWARENESS DAY

# INTRODUCING, GIRDIE!

Girdie, the LIMEmoji, is an Ambassador for Limb Girdle Muscular Dystrophy Awareness. Follow along at [#LGMDawareness](https://www.instagram.com/LGMDawareness) to meet other ambassadors of LGMD worldwide.

[#LGMDawareness](https://www.instagram.com/LGMDawareness)

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

**PRINT,  
COLOR,  
POST.**

## How to help Girdie:

- 1 **PRINT** GIRDIE FROM [WWW.LGMD-INFO.ORG](http://WWW.LGMD-INFO.ORG)
- 2 **COLOR** GIRDIE **LIME GREEN**
- 3 **POST** A SELFIE WITH GIRDIE AND TAG [#LGMDAWARENESS](https://www.instagram.com/LGMDawareness)

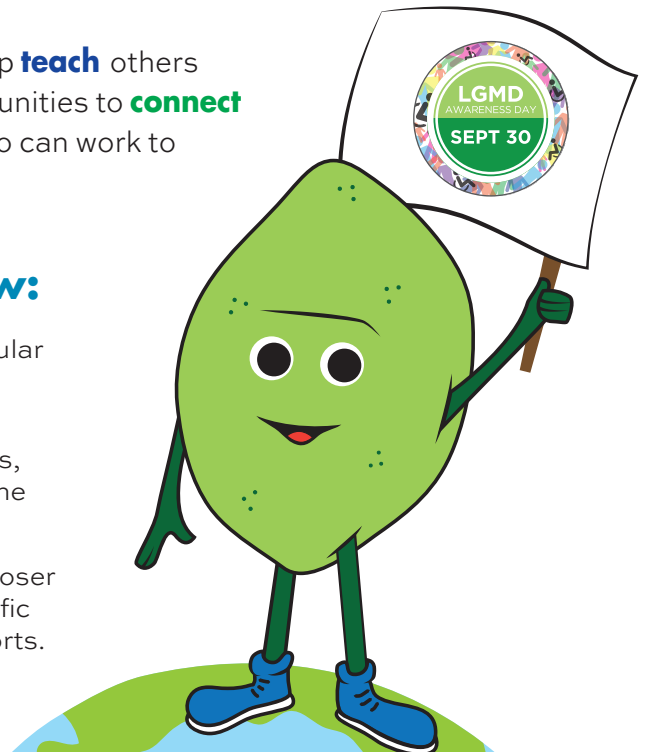


### Why?

By partnering with Girdie, you can help **teach** others about LGMD, which will enable communities to **connect** and will **unite** families with people who can work to develop treatments for LGMD.

## What Girdie wants the world to know:

- Limb Girdle Muscular Dystrophy (LGMD) is a rare neuromuscular condition that causes severe muscle loss and effects people all over the world.
- Early symptoms of LGMD may include difficulty climbing stairs, frequent falls, difficulty rising from a seated position or even the inability to stand on toes.
- Currently there is no cure, but every year, science is moving closer to a treatment for LGMD thanks to the members of the scientific community and the organizations who fund their research efforts.



Visit [lgmd-info.org](http://lgmd-info.org) to learn more. [#LGMDawareness](https://www.instagram.com/LGMDawareness)

A project of the LGMD Awareness Foundation, Inc.