
DYSTONIA STRONG



Thank you for celebrating the strength of the dystonia community.

September is Dystonia Awareness Month, but promoting awareness is needed all year long. Here are ways you can take action:

- Purchase Dystonia Strong Merchandise
- Take a Social Media Selfie with Dystonia Strong Item
- Post a Short Video on what *Dystonia Strong* Means to You
- Sign Up for Dystonia Zoo Day – Virtual or Local Events
- Join DMRF's Email List
- Start a Facebook Fundraiser
- Use Donate Sticker on Instagram
- Order Free Info Cards and Give to Friends and Family
- Join Global Dystonia Registry
- Wildcard – Do Something Creative for Awareness



THANK YOU!

For more info visit:

<https://dystonia-foundation.org>
<https://dystonia-foundation.org/strong>