



# Dystonia Awareness BINGO

Take the *Dystonia Moves Me* bingo challenge!

Complete a row of awareness actions and earn a single entry into a random drawing for a \$100 gift card. Complete the whole board to earn 10 entries into the drawing!

**D**

Sign-Up for Virtual Zoo Day

**M**

Read Article in Dystonia Dialogue

**R**

Share DMRF Post on Social Media

**F**

Join DMRF Email List

Sign-Up for DAN Alerts

Pass Along Your Dystonia Dialogue

Start a Facebook Fundraiser

Use Donate Sticker on Instagram

Share DMRF Website on Social Media

Watch Video on DMRF YouTube Channel

Order Info Cards

Give Info Card to Family Member

Post Awareness Selfie

Join Global Dystonia Registry

Give Info Card to Stranger

**WILDCARD**  
Do Something Creative for Awareness

Visit <https://dystonia-foundation.org/bingo> for complete instructions for participating in the drawing PLUS hints and tips for completing each awareness action.