

Dystonia
MOVES ME

www.dystonia-foundation.org

Dystonia Awareness BINGO

Take the Dystonia Moves Me bingo challenge!

Complete a row or the whole card.

D

WILDCARD
Do Something
Creative for
Awareness

Sign-Up
for DAN
Alerts

Share DMRF
Website on
Social Media

Post
Awareness
Selfie

M

Read Article
in Dystonia
Dialogue

Pass Along
Your Dystonia
Dialogue

Watch Video
on DMRF
YouTube
Channel

Join Global
Dystonia
Registry

R

Share DMRF
Post on
Social Media

Start a
Facebook
Fundraiser

Order
Info Cards

Give Info Card
to Stranger

F

Join DMRF
Email List

Use Donate
Sticker on
Instagram

Give Info Card
to Family
Member

WILDCARD
Do Something
Creative for
Awareness

Visit <https://dystonia-foundation.org/bingo> for
hints and tips for completing each awareness action.