



WEAR BLUE CAMPAIGN

1. **Choose a Day or Days:** Pick a specific day in September or even one day per week to participate.
2. **Wear Blue:** On your chosen day(s), put on blue clothes or accessories.
3. **Find Good Light:** Stand in a well-lit area for clear photos.
4. **Invite Others:** Encourage family, friends, and coworkers to join in wearing blue.
5. **Add Props:** Use blue ribbons or signs for extra impact.
6. **Add Hashtags:** Use #dystoniaawareness, #DMRF, #DystoniaBlue
7. **Caption Your Support:** Along with your photo, write a caption that starts with "I am wearing blue because..." to explain your personal reason for supporting Dystonia Awareness.

