

# DUCHENNE ACTION MONTH



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**JOIN THE FIGHT.**

Download the **Duchenne Action Month Calendar** & take action all month long!

Talking to Teachers: **Download** PPMD's 'Back to School' kit **2**

**Join us on the field** – Sign up to attend a Coach To Cure MD game with your family **3**

**Create an online fundraising page** for World Duchenne Awareness Day **4**

You deserve optimal care – **review PPMD's Certified Duchenne Care Centers** **5**

**Know Your Code!** Learn about our free genetic testing program, Decode Duchenne **6**

Today is **World Duchenne Awareness Day!** Share your Duchenne story! **7**

It takes a village to fight Duchenne – **thank the people that help you** **8**

It's not too late to plan a tailgate! **Coach To Cure MD is 9/29/18.** **9**

Remember PT pearls of care – **WATCH: Head, Shoulders, Knees, and Toes** **10**

**Knowledge is power** – attend one of PPMD's upcoming End Duchenne Tour stops **11**

Join **The Duchenne Registry** or if you're already a member, update your profile **12**

Funding the fight has never been easier! **Start planning your spring DIY fundraiser** **13**

**Get Connected!** Find PPMD Connect families in your backyard or start your own. **14**

**We're two weeks out from Coach To Cure MD** – share your favorite game day memories with us! **15**

Congress is back from break – let's get to work. **Sign up for our Action Alerts!** **16**

**Flu shots** are critical for people with Duchenne – schedule yours today **17**

Join the **Race to End Duchenne** – Sign up for an event or start planning your own! **18**

**Strengthen your Registry profile!** Upload your genetic test report and enter medications **19**

**Explore PPMD's Community Resource Center** & update resources for your state **20**

Quality care is vital – **Share the updated 'Imperatives of Duchenne MD'** with your care providers **21**

**#MakeEveryDayCount** spend time with your family today & share it with us! **22**

**In case of Emergency** – keep critical care information at your fingertips **23**

**Double the money:** Many employers will match gifts to PPMD. Will yours? **24**

**Get in the Game!** Check out the Coach To Cure MD game schedule. **25**

**WEBINAR:** Watch today's care webinar **26**

**#TackleDuchenne:** Make your profile pic a Coach To Cure MD Twibbon! **27**

**Save the Date:** Mark your calendar for our Annual Advocacy Conference in DC **28**

**It's Game Day!** Celebrate 11 years of Coach To Cure MD & donate today! **29**

**Take action all year!** Map out your actions to fund the fight to end Duchenne beyond September! **30**



**END DUCHENNE.**