

DUCHENNE ACTION MONTH

PPMD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Download the **Duchenne Action Month Calendar** & take action all month long!

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

3
Raise awareness by using PPMD's World Duchenne Awareness Day Facebook frame

4
Join us on the field – Sign up to attend a Coach To Cure MD game with your family

5
Create an easy online fundraising page for World Duchenne Awareness Day

6
Get Connected!
Find a PPMD's Connect group in your backyard or start your own

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

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

9
LIVE STREAM:
The Duchenne Platform Trial Community Meeting

10
Know Your Code!
Learn about our free genetic testing program, Decode Duchenne

11
Double the money:
Many employers will match gifts to PPMD – ask your employer today

12
Flu shots are critical for people with Duchenne – schedule yours today

13
It's not too late to plan a tailgate!
Coach To Cure MD is 9/28/19

14
Knowledge is power – attend one of PPMD's upcoming End Duchenne Tour stops

15
Congress is back from break – let's get to work.
Sign up for our Action Alerts

16
Download FREE PPMD Support & Care Materials – Available in English & Spanish

17
Explore our Research Pipeline:
Learn about promising therapies in development for Duchenne

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

19
You deserve optimal care – **review PPMD's Certified Duchenne Care Centers**

20
Connect with the **Duchenne/Becker Teen and Adult Community** – Powered by the PAAC

21
In case of Emergency – keep critical care information at your fingertips

22
Get your official PPMD gear!
Proceeds support the fight to end Duchenne

23
Join **The Duchenne Registry** or if you're already a member, update your profile

24
Get in the Game!
Check out the Coach To Cure MD game schedule

25
Expand your research knowledge – **WATCH: Gene Therapy 101**

26
#TackleDuchenne:
Add the Coach To Cure MD frame to your profile pic

27
Save the Date:
Mark your calendar for our Annual Advocacy Conference in DC

28
It's Game Day!
Celebrate 12 years of Coach To Cure MD & donate today!

29
#MakeEveryDayCount
spend time with your family today & share it with us

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

ENDDUCHENNE.ORG/ACTIONMONTH