



# BAD SHIRT FRIDAY

**WEAR A BAD SHIRT FOR A  
GOOD CAUSE**



## THE BAD SHIRT FRIDAY WORKPLACE CHALLENGE

**Friday, September 5, 2025**

1. Set up a company fundraising page at [donate.parentprojectmd.org/badshirtfriday](https://donate.parentprojectmd.org/badshirtfriday).
2. Ask employees to wear a bad shirt to work in exchange for making a donation to Parent Project Muscular Dystrophy.
3. Share your company fundraising page with clients, vendors and your employees' networks.

**Every donation made through the Workplace Challenge will be doubled by a generous donation from the Joti Family, up to \$50,000!**

## ABOUT BAD SHIRT FRIDAY

Bad Shirt Friday is a global awareness campaign to help shine a light on Duchenne muscular dystrophy. Each ugly shirt worn is a bold, visible way to spark curiosity and start conversations about Duchenne—its challenges, the urgent need for therapies, and the strength of the families and individuals it affects. And have some fun!

This year, as we approach World Duchenne Awareness Day on September 7th and its theme, Family: The Heart of Care, Bad Shirt Friday is a chance to show that families are not only at the center of care, but also at the center of this effort to raise awareness for Duchenne. Whether you're a parent, sibling, friend, or ally - your voice (and your shirt!) can help amplify the message.



IN COLLABORATION  
WITH



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DUCHENNE  
CANADA**

