



## Window Sign Campaign Instructions

In honor of **International Myotonic Dystrophy Family Day on July 24th**, and **International Myotonic Dystrophy Awareness Day on September 15th**, we are starting a Window Sign campaign where your friends, family, and local community can publicly show their support for myotonic dystrophy awareness.

Raising awareness and encouraging conversations about myotonic dystrophy in our communities is vitally important. Fostering community solidarity can greatly improve quality of life for families and individuals living with myotonic dystrophy. Building these connections may also be the first step toward a donation that funds research, someone receiving a correct diagnosis, or even a decision by a medical student to focus on myotonic dystrophy and one day find a cure!

### How to participate:

#### 1) Plan

- **Decide who you'd like to ask.** We recommend family, friends, teachers, coaches, colleagues, local businesses, community centers, and anyone or anywhere else you can think of!
- **Plan what you want to say.** For example, "I'm raising myotonic dystrophy awareness on behalf of International Myotonic Dystrophy Awareness Day on September 15<sup>th</sup>. Would you please help me raise awareness in our community by displaying this window sign in a visible place? There is more information included on this Dear Neighbor letter, as well as on the website listed at the bottom. Thank you so much!"

#### 2) Print and Personalize

- **Print your Window Signs.** Print as many copies as you'd like to distribute!
- **Personalize** your Dear Neighbor Letters with your signature or any other information about your family's experience or DM you might want to share.
- **Print a Dear Neighbor Letter** to accompany each of your Window Signs.
- **Optional:** Print a copy of **Myotonic Dystrophy At-A-Glance** to supplement your Letter.

#### 3) Distribute

- **Share your Window Signs and Letters!** If you are asking a business or community center, you will have the highest chance of success if you speak to an owner or manager.
- **Bonus:** Send this digital packet to your family and friends and ask them to join the Window Signs Campaign!

Learn more & support the cause at <https://www.myotonic.org/international-dm-day>