

# Rally Together and Make Wearing Green Mean More

Each day across the country, everyday freedoms like walking, talking, laughing and hugging are being taken away from kids and adults with muscular dystrophy, ALS and related life-threatening diseases. Make a difference in the lives of so many individuals living with these devastating diseases - and the families who love them - by supporting the Muscular Dystrophy Association and participating in Green Day for MDA.



Whether your company or group is new to the MDA or a current partner - Green Day for MDA is a great way to get involved. For our Shamrocks partners, you can expand your campaign from your storefront to your corporate offices encouraging all employees and your customers to "get their green on" for Green Day for MDA.

## Here are four easy steps for coordinating participation and hosting your very own 'Green Day for MDA' event with your company, family and friends:

### 1. Sign Up

Visit [mda.org/greenday](http://mda.org/greenday) and sign up your company or group. Once you do, you'll receive a participation kit with all the resources and tools you need to make Green Day for MDA a success.

### 2. Spread the Word

Use the downloadable documents in this kit, including fundraising ideas, social media tips and tools, email templates and more, to share this opportunity throughout your company and with family and friends.

### 3. Wear Green

Green Day for MDA is Friday, March 15. On this day, everyone should wear their favorite green outfit and accessories as an act of solidarity and support for families living with muscular dystrophy, ALS and related life-threatening diseases.

### 4. Collect Donations & Have Fun

Ask everyone participating donate \$5, \$10 or more directly to support your efforts. You can collect cash (converted to a money order) and checks (payable to Muscular Dystrophy Association) from your participants and mail them to your local MDA office or to:

Attn: Green Day for MDA Team, 161 N Clark, Suite 3550, Chicago, IL 60601.

You can also donate online at [mda.org/greenday](http://mda.org/greenday).

**Thank you for joining this nationwide movement to help kids and adults with muscular dystrophy live longer and grow stronger!**

