

# Rally Together and Make Wearing Green Mean More



MOVEMENT. It's the foundation of everything we love to do. It's our independence-until it's gone. Imagine not being able to put one foot in front of the other, or hug the ones you love. Imagine losing your ability to speak, to breathe. That's life with a neuromuscular disease. But at the Muscular Dystrophy Association, we move for those who can't move themselves-to plan, organize and raise more money than ever. We move forward with innovative clinical care and ground-breaking research, with drugs and treatments our patients need.

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 13. 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!

