



Muscular  
Dystrophy  
Association

**30 DAYS**  
of  
**STRENGTH**

## September is Muscular Dystrophy Awareness Month! Download our social media toolkit to help raise awareness with #30DaysOfStrength.

We welcome you to customize all the content and messages included in this toolkit to best represent your commitment to supporting Muscular Dystrophy Awareness Month. Don't forget to use the official hashtag on social media: #30DaysOfStrength, tag us @MDAorg, and include the link to donate to this mission [MDA.org/30days](https://mda.org/30days).

### Social Media Graphics

- [Click here](#) to download the images for the social posts.

### Sample Social Media Posts

***Post anytime during Muscular Dystrophy Awareness Month in September with the corresponding graphics.***

- This #MuscularDystrophyAwarenessMonth, [Insert org name] is proud to support @MDAorg's #30DaysOfStrength to accelerate research, advance care, and empower people living with #neuromuscular diseases to live longer more independent lives. Join us in making an impact today at [mda.org/30days](https://mda.org/30days)
- #Neuromuscular diseases affect movement and control due to muscle & nerve issues. Left untreated, they can take away basic freedoms like walking, talking, even breathing. This #MuscularDystrophyAwareness Month, join us in raising awareness & supporting @MDAorg's #30DaysOfStrength at [MDAs.org/30days](https://mda.org/30days)
- Muscular dystrophies are a group of muscle diseases that cause weakness and degeneration of the skeletal muscles and often of the heart muscles. This #MuscularDystrophyAwareness Month, join us in raising awareness & supporting @MDAorg's #30DaysOfStrength at [MDA.org/30days](https://mda.org/30days)
- Myopathies disrupt muscle function, leading to weakness. This #MuscularDystrophyAwareness Month, join us in raising awareness with @mdaorg's #30DaysOfStrength! Learn more and support the mission: [mda.org/30days](https://mda.org/30days)



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- Motor neuron diseases, like #ALS & #SMA, cause muscles to become weak and lose function over time. Support accelerating scientific and clinical research and care for families living with #MuscularDystrophy, #ALS, and related #neuromuscular diseases by donating to @MDAorg's #30DaysOfStrength at [mda.org/30Days](https://mda.org/30Days)
- Ion channel diseases cause muscle weakness and episodic muscle paralysis. Let's spread knowledge about these conditions during #MuscularDystrophyAwareness Month. Join us in raising awareness & supporting @MDAorg's #30DaysOfStrength at [MDAs.org/30days](https://MDAs.org/30days)
- Mitochondrial myopathies occur when structures that produce energy for a cell malfunction leading to muscle weakness. This #MuscularDystrophyAwareness Month, join us to empower people living with mitochondrial myopathies and related neuromuscular diseases by supporting @mdaorg's #30DaysOfStrength at [mda.org/30Days](https://mda.org/30Days)
- Neuromuscular junction diseases disrupt signals between nerves and muscles. This #MuscularDystrophyAwareness Month, you can empower people living with #neuromuscular diseases by supporting @mdaorg's #30Day'sOfStrength at [mda.org/30Days](https://mda.org/30Days)
- Peripheral nerve diseases impact sensations and movement. This #MuscularDystrophyAwareness Month. Join us in raising awareness & supporting @MDAorg's #30DaysOfStrength at [MDAs.org/30days](https://MDAs.org/30days)
- Metabolic muscle diseases cause weakness due to cellular metabolism issues. This #MuscularDystrophyAwareness Month, join us to raise awareness with @mdaorg's #30DaysOfStrength! Learn more and support the mission: [mda.org/30days](https://mda.org/30days)
- #CharcotMarieTooth disease (#CMT) is a spectrum of nerve disorders that causes muscle weakness and atrophy. This #CMTawarenessMonth, join us to empower people living with #CMT and related #neuromuscular diseases by supporting @mdaorg's #30Day'sOfStrength at [mda.org/30Days](https://mda.org/30Days)



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- **#NewbornScreening** saves lives, and strengthening the program is vital to ensuring all babies are screened shortly after birth for **#neuromuscular** diseases. This **#NewbornScreeningAwarenessMonth**, join us in supporting **@mdaorg**'s advocacy efforts at [mda.org/advocacy](https://mda.org/advocacy)

### ***Post on September 7, 2023***

- **#Duchenne #MuscularDystrophy (#DMD)** is a genetic disorder characterized by progressive muscle degeneration and weakness. Today on **#WorldDuchenneAwarenessDay**, you can empower children & adults living with **#DMD** and related **#neuromuscular** diseases by supporting **@mdaorg**'s **#30Day'sOfStrength** at [mda.org/30Days](https://mda.org/30Days)

### ***Post on September 15, 2023***

- **#MyotonicDystrophy (DM)** is a form of muscular dystrophy that affects muscles and many other organs in the body. Today on **#MyotonicDystrophyDay**, join us to empower people living with **#MyotonicDystrophy** and related **#neuromuscular** diseases by supporting **@mdaorg**'s **#30Day'sOfStrength** at [mda.org/30Days](https://mda.org/30Days)

### ***Post on September 25, 2023***

- **#FriedreichsAtaxia (FA)** is a neuromuscular disease that mainly affects the nervous system and the heart. Today on **#InternationalAtaxiaAwarenessDay**, join us to empower people living with **#FA** and related **#neuromuscular** diseases by supporting **@mdaorg**'s **#30Day'sOfStrength** at [mda.org/30Days](https://mda.org/30Days)

### ***Post on September 30, 2023***

- **#LimbGirdleMuscularDystrophy (#LGMD)** is a diverse group of disorders with many subtypes categorized by disease gene and inheritance. Today on **#LGMDDay**, join us to empower people living with **#LGMD** and related **#neuromuscular** diseases by supporting **@mdaorg**'s **#30Day'sOfStrength** at [mda.org/30Days](https://mda.org/30Days)