

SHINE A LIGHT ON MULTIPLE SYSTEM ATROPHY



Multiple System Atrophy Awareness Month

www.MultipleSystemAtrophy.com



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADVOCACY	28	1 Download our Facebook frame	2 Get some MSAC merchandise here	3 Post on social media. #SHINEALIGHT	4 Proclamation of MSA Awareness Month by state	5 Host an event to raise awareness? Here's how to do it!	6 Write a letter to the editor of local newspaper
SUPPORT	7 Call our toll free support line (866) 737-5999	8 Looking for recipes for easy-to-swallow foods	9 Share a few suggestions for family and friends	10 Looking for a support group ? Here's a list	11 Looking for a neurologist ? Check here	12 Make a list of your care team, keep it for ready access.	13 Check out the Annual MSAC Conference Videos
EDUCATION	14 Have questions about MSA? Click here	15 COVID vaccine? Check out our webinar	16 Early symptoms of multiple system atrophy? MSA Coalition Q & A.	17 Sign up for our newsletter!	18 Music Therapy? Give it a listen!	19 You are not alone... Listen to "It Takes A Village"	20 Ask your employer if they offer a Matching Gift Donation Fund
RESEARCH	21 MSA research trials Click here	22 Listen to the 7th International Conference of MSA	23 Sign up and participate in MSA research - Be part of the solution!	24 Get up to date on some of the Latest research results	25 The MSA Coalition invested \$2 Million in research since 2013.	26 Review some of our supported research projects	27 Watch our webinar on MSA miRNA Biomarker research
SHINE YOUR LIGHT!	28 Like or Follow us on Facebook	29 Post your Top 5 tips for Care Partners & Families and tag @MultipleSystemAtrophyCoalition	30 Invite a friend or family member to join an online support group	31 Share Your Story - Write a review of MSAC at Great NonProfits	1	2	3

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