

Social Media Promotion

Social media is a fast way to spread news! Help raise awareness about FSH Muscular Dystrophy through your own social media channels. Here are some ideas to make it easy:

Facebook posts:

* Mark your calendars! June 20th is #WorldFSHDday! Learn more about this most common form of #musculardystrophy at [www.fshfriends.org](http://www.fshfriends.org).
* *Print your orange slice selfie and post a photo of yourself with your “orange slice smile” with a caption saying* “Wearing my orange slice selfie in honor of all those with #FSHD who cannot smile”
* Join me in supporting over ½ million people suffering from #FSHD. Go to [www.fshfriends.org](http://www.fshfriends.org) and join their circle of friends to further research in pursuit of a cure!

Tweets on Twitter:

* Mark your calendars! June 20th is #WorldFSHDday to unite everyone across the globe to support @FSHresearch for a cure!
* *Print your orange slice selfie and post a photo of yourself with your “orange slice smile” with a caption saying* “In honor of all those with #FSHD who cannot smile. @FSHresearch = a cure = smiles!”
* Join me and post your own orange slice selfie for #WorldFSHDday. Print one out at [www.fshfriends.org/blog/world-fshd-day-awards-reception/](http://www.fshfriends.org/blog/world-fshd-day-awards-reception/)
* What if you were diagnosed with a disease that had no treatment or cure? Be part of the solution and invest in a cure through @FSHresearch

Instagram Posts:

* *Print your orange slice selfie and post a photo of yourself with your “orange slice smile” with a caption saying* “In honor of all those with #FSHD who cannot smile. Join @FSHfriendsorg in pursuit of a cure!”
* What if you were diagnosed with a disease that had no treatment or cure? Be part of the solution and invest in a cure through @FSHfriendsorg.



In Pursuit of a Cure

[www.fshfriends.org](http://www.fshfriends.org)