Take the 30 Day Know the Face of Scleroderma Challenge

June 1 – Visit www.sclerodermaaware.org to access tools, graphics and ideas for awareness month.
June 2 – Share your scleroderma story with someone. Use #SclerodermaAware on social media.
June 3 – Wear your favorite scleroderma t-shirt or teal t-shirt. Share a photo or video.
June 4 – Visit www.scleroderma.org/colorado and read about your scleroderma community.
June 5 – Sign up to participate in our Stepping Out to Cure Scleroderma Adventure. Challenge others to join you!
June 7 – Follow the Rocky Mt. Chapter on Facebook - @COScleroderma.
June 8 – Sign an advocacy letter in support of the National Commission on Scleroderma and Fibrotic Diseases Act of 2019.
June 9 – Participate in a webinar and share what you learn on Inspire.com.
June 10 – Follow the Rocky Mt. Chapter on Instagram – COScleroderma.
June 11 – Share and comment on a Rocky Mt. Chapter social media post.
June 12 – Sign up to be a volunteer – email Christine at cochapter@scleroderma.org.
June 13 – Attend our virtual support group on Zoom.
June 14 – Link up your King Soopers loyalty card with the Rocky Mt. Chapter - #JM066.
June 15 – Send a thank you note to your support group leader.
June 16 – Join or renew your membership – we can’t do it without you!
June 17 – Make a donation to the Rocky Mt. Chapter in honor of someone you care about.
June 18 – Teach one of your health care providers about scleroderma.
June 19 – Join a committee. Email cochapter@scleroderma.org to ask how you can help.
June 20 – Leave a copy of our newsletter or Voice magazine in your doctor’s office.
June 21 – Inform a friend or family member about our volunteer opportunities.
June 22 – Attend the Scleroderma Foundation’s Day of Action training webinar. Register here.
June 23 – Tweet about us on Twitter to increase awareness. Use #SclerodermaAware
June 24 – Write a letter to the editor in your local paper about why we need more awareness and research for scleroderma.
June 25 – Take a ‘day in the life’ photo and share it. Raise awareness of how scleroderma can change a life.
June 26 – Challenge someone to participate in our Stepping Out to Cure Scleroderma Adventure.
June 27 – Attend our virtual support group meeting on Zoom.
June 28 – Reach out to a friend or family member who has supported you during your journey with scleroderma to thank them.
June 29 – It is World Scleroderma Day – Raise awareness by participating in our virtual National Day of Action.
June 30 – Link up your smile.amazon.com account with the Scleroderma Foundation.