

30 DAYS OF ANGELMAN SYNDROME AWARENESS



15 - 20 JANUARY



To raise awareness for Angelman syndrome across the world and in your local community, the ASF has developed a list of 30 simple things you can do leading up to International Angelman Day on February 15.

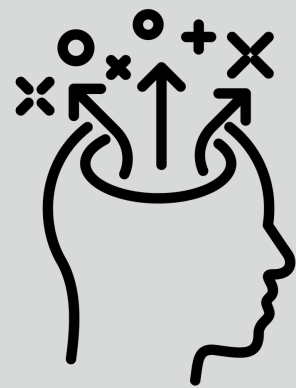


angelmanday.info



[International
Angelman Day](#)

15 Jan

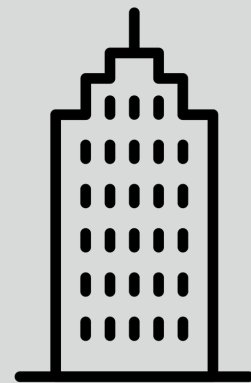


Start Planning

Start planning how you and your family will celebrate International Angelman Day on February 15.

If you would like to get together with other families, pick your venue and start your guest list.

16 Jan

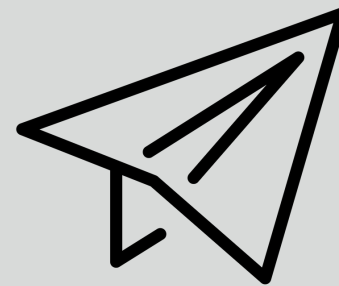


Light It Blue

It takes planning to light a building, landmark, or piece of architecture blue. Start making calls and sending emails today!

✨ [Download the
“How to Light It Blue”
Toolkit](#) ✨

17 Jan

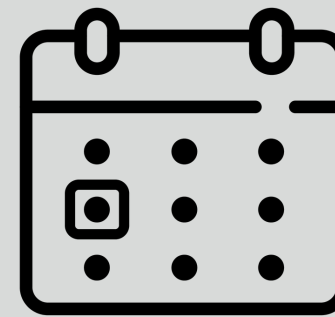


Save the Date

Send a “Save the Date” email to your friends and family.

Encourage everyone to wear blue on February 15 in honor of your loved one living with Angelman syndrome.

18 Jan



Mark Your Calendar

Mark Your Calendar with two other very important dates that also bring together the Angelman community.

Saturday, May 18
ASF Walk

July 23 - 26
ASF Family Conference
Sandusky, Ohio

19 Jan



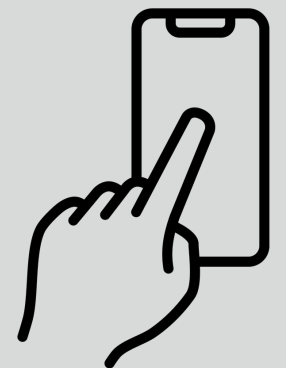
Awareness Flyer

Create your own custom AS awareness flyer.

You can distribute them to schools, therapy offices, churches, or anywhere you like!

✨ [Customize Here](#) ✨

20 Jan



Text to Give

Did you know you can Text to Give to the ASF?

☑ Text GIVE2ASF to 44321

Encourage your family and friends make a give via text too!

30 DAYS OF ANGELMAN SYNDROME AWARENESS



21 - 27 JANUARY

21 Jan

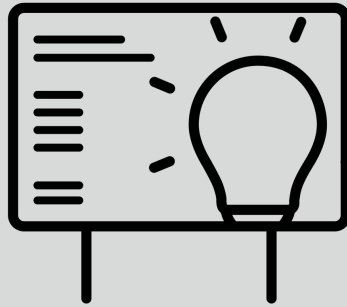


Light It Blue @ Home

Change the light in your porch lamp to a **BLUE** bulb or illuminate your home with blue string lights.

[🔗 Light It Blue Home Product Guide](#)

22 Jan



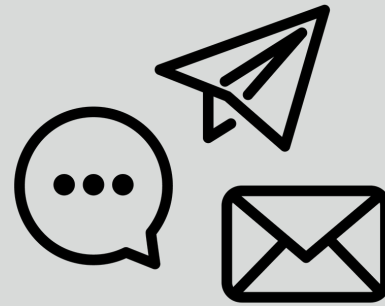
Yard Sign

Compliment your blue lighting with a custom IAD yard sign that you can use year after year to raise awareness amongst your neighbors.

[🔗 Customize Here](#)

Then, order your sign from ESign.com, Staples, Office Depot, or another provider.

23 Jan



ASF Communications

Sign up to receive Angelman Syndrome Foundation communications by mail email, and text.

Be sure to follow all our social accounts!

[Facebook](#)
[Instagram](#)
[YouTube](#)
[LinkedIn](#)
[X](#)

24 Jan



Learn

Pick a topic below and learn something you might not have previously known about Angelman syndrome.

[🧬 Genotypes](#)
[🧠 Seizures](#)
[💬 Communication](#)
[🛌 Sleep](#)
[🥑 AS and the Gut](#)

25 Jan



Get Your IAD Gear

Purchase your 2024 IAD official merchandise and wear your support.

[🛒 Shop now](#) in order for your gear to arrive before IAD.

26 Jan



Sign Up for LADDER

Join the LADDER database, a global network of patient-powered data that is used to improve care for people living with Angelman or Dup15q syndrome.

[🔗 Enroll Now](#)

27 Jan



Remember

Remember those who lived with Angelman syndrome that are no longer with us.

Add a memorial to the virtual memory wall.

Coming soon on [angelmanday.info](#)

30 DAYS OF ANGELMAN SYNDROME AWARENESS



28 JANUARY - 3 FEBRUARY

28 Jan

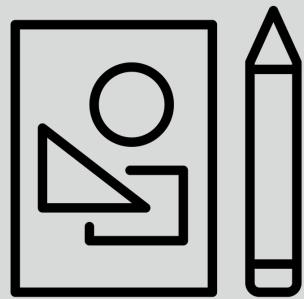


Profile Frame

Change your Profile Picture to include the official International Angelman Day profile frame!

[!\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) **Create Yours Here**](#)

29 Jan



Coloring Sheets

A fun activity for kids are the ASF activity pages and coloring sheets. Use these to educate friends and classmates about their friend with Angelman syndrome.

[!\[\]\(0d5ec72f61334709c3fc9450209b754f_img.jpg\) **Download & Print**](#)

30 Jan



Follow Up

Follow Up on Light It Blue building and architecture requests.

[!\[\]\(84f47badaad7772cd95667a7c387a639_img.jpg\) Add your approved Light It Blue locations to our global list. Email \[webmaster@angelman.org\]\(mailto:webmaster@angelman.org\)](#)

31 Jan



Subscribe

Do you listen to the Angelman Syndrome Foundation Podcast?

[!\[\]\(1ed10657a19f9137278430c48fd18626_img.jpg\) **Subscribe**](#) on Apple Podcast, Spotify, Google Podcasts, or Buzzsprout.

1 Feb



International

Check out the International Angelman Day webpage to learn about all 40 countries who participate in IAD.

[!\[\]\(0aaea5eb29549a0c507a518cbdd818a0_img.jpg\) **AngelmanDay.Info**](#)

2 Feb

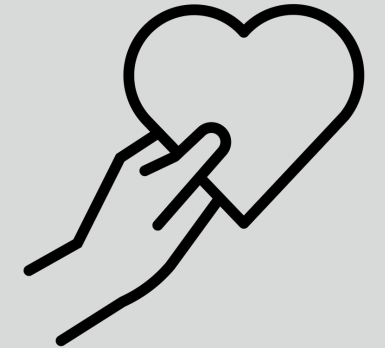


Donate

Donate \$15.00 to the Angelman Syndrome Foundation in honor of International Angelman Day being on the 15th Day of February and Angelman syndrome being a chromosome 15 condition.

[!\[\]\(654d8e30dc2e8e002b21c7dff500ad96_img.jpg\) **Make a Gift**](#)

3 Feb



Prepare Valentines

Customize and print our “Show the Love” International Angelman Day theme Valentine’s.

[!\[\]\(5a18afe524e3f27c8e87b83f91993700_img.jpg\) **Make a Show the Love Valentine**](#)

30 DAYS OF ANGELMAN SYNDROME AWARENESS



4 - 10 FEBRUARY

4 Feb



Social Media Madness

Make at least one post per day this week about Angelman Syndrome to create a buzz around International Angelman Day.

[!\[\]\(ec9132f1d27c8919987d92907322654d_img.jpg\) Download the IAD Template Deck](#)

5 Feb



Social Media Madness

Today's social theme is "introduction."

Introduce or reintroduce Angelman syndrome to your friends and followers.

[!\[\]\(626ce8ac21792b9405bfddfea8e0c96a_img.jpg\) Read a sample from Mason](#)

6 Feb



Newly Diagnosed

Join Us for a Newly Diagnosed Zoom Call where Genetic Counselor, Katie Garbarini, will share "How to Talk About an Angelman syndrome Diagnosis" and answer questions from families' who are new to journey.

[!\[\]\(cbd8541a32dfc32f356f5c6c994b0a21_img.jpg\) Register](#)

7 Feb



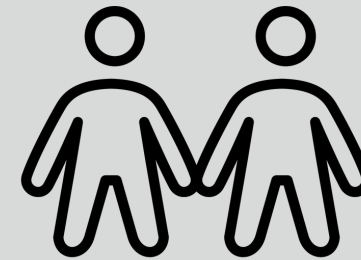
Social Media Madness

Today's social theme is show the journey.

Sometimes a picture is worth a thousand words. Take a moment to post images and videos that show your AS journey.

[!\[\]\(8b0a097b4b9c9c3eeaea0f4289ea77e5_img.jpg\) Post a Picture or Video](#)

8 Feb



Friends with Wings

Calling all siblings! Join us for an IAD theme Friends with Wings Call.

Siblings play an important role as advocates daily, but especially on IAD.

[!\[\]\(4cd0113cac5a630b62763c24af1897bb_img.jpg\) Join Your Friends](#)

9 Feb



Social Media Madness

Today's social theme is resilience.

In the face of challenges, you have shown incredible strength, determination and love.

10 Feb



Social Media Madness

Just how rare is Angelman syndrome? Let's take a look at our social pages and make today's post from ASF go viral!

[**Facebook**](#)
[**Instagram**](#)
[**X**](#)

30 DAYS OF ANGELMAN SYNDROME AWARENESS



11 - 16 FEBRUARY

11 Feb



Book Reading

Select a book with an Angelman syndrome main character. Then, schedule a date to be a guest reader in your child's classroom.

 [Search the Book List](#)

12 Feb



Fundraise

Start a Fundraiser for Angelman Syndrome Foundation to raise critical funding for Angelman syndrome resources and support.

 [Create a GoFundWings Page](#)

13 Feb



Show the Love

Spread the love with a Valentine's Day theme message on social media.

Watch Amanda share how to "Show the Love."

14 Feb



Valentine's Day

Hand out your "Spread the Love" Valentine's amongst friends and family.

Use this opportunity to encourage everyone to wear blue tomorrow on International Angelman Day.

15 Feb

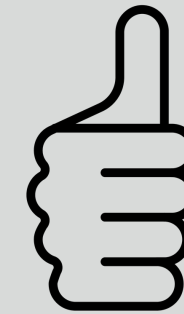


Celebrate IAD!

Tune in to the International Angelman Day Livestream with Angelman syndrome leaders from around the world.

 [Watch Live](#)
[Listen Later](#)

16 Feb



Many Thanks!

Thank everyone who supported you throughout the month.

Ask them to mark their calendar for next year!


angelman
SYNDROME FOUNDATION



angelmanday.info



[International Angelman Day](#)