

## SEPTEMBER IS CHIARI AWARENESS MONTH

*Spreading awareness all year*

Just because September is over doesn't mean we have to stop raising Chiari awareness. There are many ways you can continue to help spread the word about Chiari. **Wear your walk t-shirt, bracelets, and other awareness items as much as you can.** You just might run into someone newly diagnosed that has been struggling with a new diagnosis, or run into someone that has never heard of it and they will look it up to find out what it is. **Continue to share our posts.** The power of social media is huge and the more we continue to share the more people will hear the word Chiari. **Raise your voice.** Share your personal experience with others. **Host a fundraiser.** There are many fundraisers throughout the year and we would be happy to increase those all over the US. You can hold a fundraiser dinner at a local eatery, have a sports tournament, bake sale, car wash, and many other events. If you are interested please fill out the application on our website. **Use our profile frames.** We created multiple Facebook profile frames for anyone to use to help spread awareness for Chiari Malformation.

**Together we will win**

**CONQUERCHIARI.ORG**