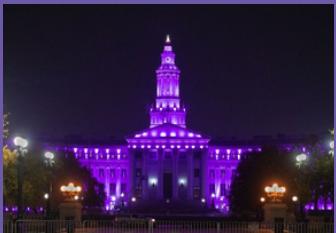


30 DAYS OF LENNOX-GASTAUT SYNDROME AWARENESS

OCT 14 - OCT 19

LGS FOUNDATION
LENNOX-GASTAUT SYNDROME



14 OCT



Start Planning

Start planning how you and your family will recognize International Lennox-Gastaut Syndrome (LGS) Awareness Day on November 1st.

Consider submitting a press release to your local news outlets.

[Download our guide on How to Engage the Press for International LGS Awareness Day.](#)

15 OCT



Shine a Light on LGS

It takes planning to light a building, landmark, or monument purple. Start making calls and sending emails today!

[★ Download the "Illuminate for LGS" Guide ★](#)

[View the 2024 Illumination List](#)

16 OCT



Trick or Treat for LGS

Order or Download your free LGS Trick or Treat cards.

These customizable cards can be handed out during festivities, with holiday goodies, or anywhere you like!

 [Order Here](#)

17 OCT



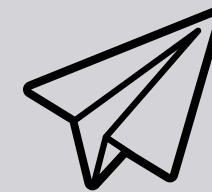
Get Your LGS Awareness Apparel

Purchase your Official 2024 LGS Awareness Apparel and wear your support.

There are a variety of designs, styles, and colors available!

 [Shop Now](#)

18 OCT



Save the Date

Send a "Save the Date" email to your friends, family, and colleagues.

Encourage everyone to wear **PURPLE** and shine a light on LGS on November 1st in honor of your Loved One with Lennox-Gastaut Syndrome.

19 OCT



RaiseRight for LGS

It's never been easier to create fundraising opportunities for what matters most to you!

Buy gift cards from your favorite brands to earn on your purchases.

[Learn More](#)

30 DAYS

OF LENNOX-GASTAUT SYNDROME AWARENESS

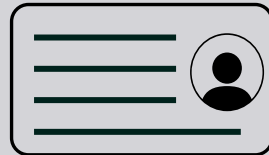
OCT 20 - OCT 26

20 OCT



Illuminate for LGS at Home

21 OCT



Customize & Order Your Yard Sign

22 OCT



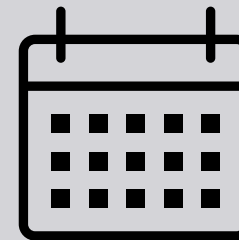
LGS Foundation Communications

23 OCT



LGS Awareness Flyer

24 OCT



Mark Your Calendar

25 OCT



Learn About LGS

26 OCT



Sign Up for LGS LEP-Database

Change the bulbs in your porch or garage light fixtures to a **PURPLE** and/or **GREEN** bulb or illuminate your home with **PURPLE** and/or **GREEN** string lights.

Compliment your **PURPLE & GREEN** lighting with a custom LGS Awareness Yard Sign that you can use year after year to raise awareness in your community.

[Choose a Design to Personalize](#)

Then, order your sign from *SignsOnTheCheap.com, ESigns.com, Staples, Office Depot, or another vendor.*

Sign up to receive important information from the LGS Foundation by email.

[Sign-Up to Receive Our Newsletter](#)

And connect with us on social media!

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


Create your very own custom LGS Awareness flyer.

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

[★ Customize Here ★](#)

Select the "use template for new design" option to customize it in Canva.

Mark Your Calendar and join us at one of our upcoming support groups and/or events.

 [View Our Calendar of Events](#)

Pick a topic below and learn something you might not have previously known about Lennox-Gastaut Syndrome.

 [Causes of LGS](#)

 [Seizure Types Associated with LGS](#)

 [How is LGS Treated](#)

Join the LGS Learn from Every Patient Database, a global network of patient powered data that is used to improve care for people living with Lennox-Gastaut Syndrome.

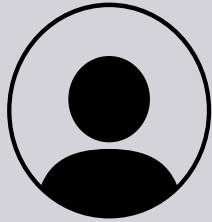
 [Enroll in Phase 1 Now to Own Your LGS Loved One's Medical Records](#)

30 DAYS

OF LENNOX-GASTAUT SYNDROME AWARENESS

OCT 27 - NOV 2

27 OCT



Profile Frame

28 OCT



Follow-Up

29 OCT



Fundraise

30 OCT



Social Media Madness

31 OCT



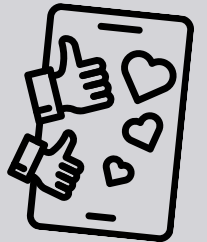
Trick or Treat for LGS

1 NOV



LGS Awareness Day

2 NOV



Social Media Madness

Change your Profile Picture to include the official LGS Awareness Day profile frame!

★ [Create Yours Here](#) ★

Select the “use template for new design” option to customize it in Canva.

Follow up on Illuminate for LGS building and monument requests.

💡 Add your approved Illumination locations to our global list by emailing Kayleigh @LGSFoundation.org

Start a Fundraiser to support the LGS Foundation’s mission to improve the lives of those impacted by LGS through advancing research, awareness, education, and family support.

✅ [Create Your Personal LGS Fundraising Page!](#)

Make at least one post per day over the next week about Lennox-Gastaut Syndrome to create a buzz around International LGS Awareness Day.

🔗 [Download LGS Awareness Graphics Bundle](#)

#LGSAwareness
#IlluminateForLGS
#EpilepsyAwarenessMonth

Spread awareness around Halloween with your custom LGS Trick or Treat cards.

👻 [Download & Print](#)

Today’s social theme is “introduction.”

Re-share an LGS Foundation post to your friends and followers to introduce or reintroduce Lennox-Gastaut Syndrome (LGS).

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

#LGSAwareness
#IlluminateForLGS
#EpilepsyAwarenessMonth

Share a picture of how YOU are raising Awareness of LGS this November!

Don’t forget to tag the LGS Foundation!

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

#LGSAwareness
#IlluminateForLGS
#EpilepsyAwarenessMonth

30 DAYS

OF LENNOX-GASTAUT SYNDROME AWARENESS

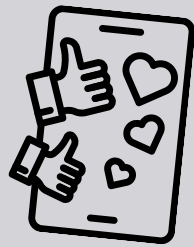
NOV 3 - NOV 9

3 NOV



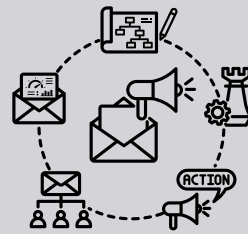
Share Your Story

4 NOV



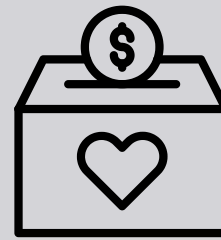
Social Media Madness

5 NOV



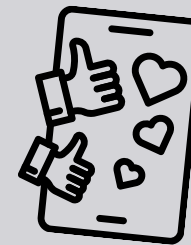
Social Media Madness

6 NOV



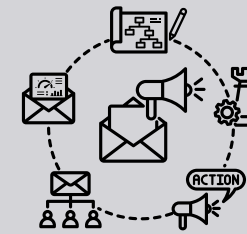
Donate to Support Our Mission

7 NOV



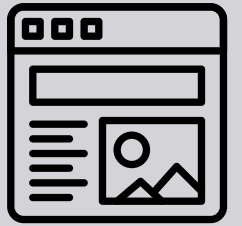
Social Media Madness

8 NOV



Social Media Madness

9 NOV




Customize & Share

Share your LGS story with the LGS Foundation. Stories may be used on the website and social media to help raise awareness and let other families know they aren't alone.

 [Share Your Story](#)

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 LGS journey.

 Post a Picture or Video

[#LGSAwareness](#)
[#IlluminateForLGS](#)
[#EpilepsyAwarenessMonth](#)

Share a post from the LGS Foundation on your social network.

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

[#LGSAwareness](#)
[#IlluminateForLGS](#)
[#EpilepsyAwarenessMonth](#)

Donate to the LGS Foundation and share your personal fundraising page to help raise crucial funds for LGS resources and support.

 [Make a Gift](#)

 [Create a LGS Fundraising Page](#)

Today's social theme is "resilience."

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

Share about obstacles you have overcome on your LGS journey.

[#LGSAwareness](#)
[#IlluminateForLGS](#)
[#EpilepsyAwarenessMonth](#)

Share a post from the LGS Foundation on your social network.

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

[#LGSAwareness](#)
[#IlluminateForLGS](#)
[#EpilepsyAwarenessMonth](#)

Raise awareness with our customizable LGS Awareness Graphics.

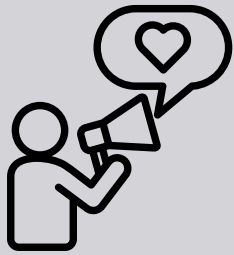
Easily personalize templates to share on social media, with your friends, family, or even at the school and/or office.

[View Customizable Graphics](#)

30 DAYS OF LENNOX-GASTAUT SYNDROME AWARENESS


NOV 10 - NOV 14

10 NOV

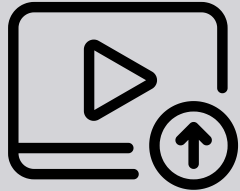


Join Our Advocacy Efforts

Join our mission to help improve the lives of our LGS community by advocating for government funding, improved healthcare outcomes, and lifelong support for individuals with LGS.

 [Join Our Advocacy Efforts](#)

11 NOV



LGS Awareness Video

Share the 2024 LGS Awareness Video from the LGS Foundation on your social networks.

Don't forget to use the hashtags:

[#LGSawareness](#)
[#IlluminateForLGS](#)
[#EpilepsyAwarenessMonth](#)

 [YouTube](#)


12 NOV



Share Your Fundraiser

Share your fundraiser with friends, family, and colleagues.

- Text
- Email
- Phone Call
- Handwritten Note

 [Download the Fundraising Toolkit for Tips and Templates](#)

13 NOV



Learn About LGS Family Resources

- New Family Welcome Kit
- About LGS Treatments Kit
- VIP Siblings Kit
- Adult C.A.R.E Binders
- and more!

 [Request information & Materials](#)

14 NOV



Champion Our Cause

Join the LGS volunteer movement...

The LGS Foundation relies on dedicated volunteers to help drive our mission and realize a future where everyone impacted by LGS can live life to the fullest.

 [Get Involved Now](#)

