



## Friedreich's Ataxia Awareness Day May 19, 2018

In honor of [Friedreich's Ataxia Awareness Day](#), the Friedreich's Ataxia Research Alliance (FARA US) is joining the Friedreich's Ataxia Research Association's (fara-australia) [LEND US SOME MUSCLE \(LUSM\) Campaign](#). Join us . . . let's lend some muscle together to raise awareness and funds to support ground breaking research and #CUREFA.



### IT'S SIMPLE . . . USE YOUR MUSCLES!

In May, leading up to FA Awareness Day- May 19, get out and do something muscle-y ... then share it on social media and encourage others to donate to FARA. You can walk, run, roll, cycle, swim, arm wrestle or anything that gets the heart pumping. Challenge yourself, or just HAVEFUN!

### FLEX YOUR FUNDRAISING MUSCLE

FARA (US) has received a Matching Gift Challenge from the [Hennecke Family Foundation](#). FARA Board member, Derek Hennecke, and his wife Marcy along with their family have generously pledged to [match every dollar](#) raised in May through FARA (US) 's Lend US Some Muscle Campaign up to [\\$40,000!](#)



## WANT TO GET INVOLVED?

- Register for LUSMat: <https://goo.gl/forms/Lv8bIPgBPw4YXPPP2>
- We'll send you Lend Us Some Muscle temporary tattoos to wear!
- Photograph yourself flexing your muscles and share via social media using [#lendussomemuscle](https://twitter.com/lendussomemuscle).
- Create a Facebook Fundraiser on FARA's Facebook page at: [www.facebook.com/CureFA](http://www.facebook.com/CureFA)
- Or Donate directly at: [curefa.org/LUSM](http://curefa.org/LUSM)  
During May, funds raised through FARA's Facebook Fundraiser or donated at: [curefa.org/LUSM](http://curefa.org/LUSM) will be matched up to \$40,000!



### T-SHIRT SWAG!

Interested in stepping up your muscle game? Purchase a Lend Us Some Muscle t shirt from [One Mission Fundraising](http://OneMissionFundraising.com). 40% of t-shirt sales will be donated to FARA and counted towards the match.

### GET YOUR ENTOURAGE INVOLVED

It's easy to get your classmates, colleagues or gym involved. Grab some friends and have a walk and roll around the playground, challenge your colleagues to an arm wrestle in the boardroom, or get a muscle-y photo of your team before the game. Make it fun!



### SHOW US WHAT YOU GOT!

\* Create a Facebook Fundraiser on FARA's Facebook page, by following these steps:

1. Head to FARA's Facebook page ([www.facebook.com/CureFA](http://www.facebook.com/CureFA)) & click "+ Create Fundraiser" under the cover photo
2. Click "Get Started" in the new window
3. FARA will automatically be selected as the charity for your fundraiser. Set your personal fundraising goal and select "May 20, 2018" as your end date to ensure the money you raise counts towards our "Lend Us Some Muscle" match goal!
4. Create a title for your fundraiser and tell your friends why you are fundraising
5. Select a cover photo for your fundraiser. Use FARA's cover photo or upload your own!
6. Hit "Create" and start sharing your fundraiser with your friends and family!