

# 6 WAYS TO GET INVOLVED

**WORLD  
PERIODIC  
PARALYSIS  
DAY** 3/23



PRIMARY PERIODIC PARALYSIS (PP) IS A RARE GENETIC DISORDER CHARACTERIZED BY REPEATED EPISODES OF EXTREME MUSCLE WEAKNESS OR TEMPORARY PARALYSIS, OFTEN TRIGGERED BY SPECIFIC FACTORS.



## 1. BECOME AN AMBASSADOR

Take the lead in raising awareness about Periodic Paralysis! WPPD Ambassadors help educate their communities, share resources, and encourage others to join the movement.



## 2. WEAR YOUR SHIRT WITH PRIDE

Show your support with this year's official WPPD t-shirts! Designed to inspire hope and unity, these shirts are perfect for the whole family. Order yours today and wear them leading up to and on March 23!



## 3. PARTICIPATE IN ACTIVITIES

Join an exciting lineup of virtual activities hosted by WPPD and organizations worldwide. From educational sessions to fun community events, there's something for everyone leading up to and on March 23.



## 4. SHARE YOUR STORY

Your personal journey is a powerful way to educate others. Reach out to local media, write a blog post, or share your story on our website. Together, we can raise awareness and inspire hope.



## 5. GET SOCIAL

Help spread the facts about Periodic Paralysis! Use our downloadable social media graphics and post leading up to WPPD. Don't forget to tag us and use #WorldPeriodicParalysisDay to amplify the message.



## 6. DONATE

Make a difference by supporting WPPD's mission. Your gift furthers critical awareness, advocacy, and programming throughout the year.