

# MARCH EVENTS

**DSNMC,**

**You are invited to take part in fun events the whole month of March to Celebrate Down Syndrome Awareness & World Down Syndrome Day, on March 21st.**

**Starting March 1st let's spread awareness for Down Syndrome all over Montgomery County!**



Join Us As We Celebrate

**WORLD**

DOWN  
SYNDROME  
DAY

**ALL MONTH LONG!**

**CELEBRATE MARCH WITH  
#CHALLENGE21**



**MARCH 1ST - MARCH 21**

**TAKE THE #CHALLENGE21**

STARTING MARCH 1ST CHALLENGE

YOURSELF TO BE BRAVE, BOLD AND BEAUTIFUL.

**IDEAS:** 21DAYS OF FITNESS. 21DAYS OF DOWN SYNDROME AWARENESS.

21DAYS OF WHAT YOU LOVE ABOUT YOUR CHILD WITH DS, 21DAYS OF KINDNESS

21 DAY CHALLENGE SHEET

[HERE](#)

FILL OUT AND DROP

[HERE](#)

TO EARN YOUR  
REWARD

SHARE YOUR PHOTOS WITH US

[HERE!](#)

**#CHALLENGE21**