

# International Ataxia Awareness Day (IAAD) September 25th

## Get Involved in IAAD

The goal of IAAD is for every individual to participate in some activity, creating awareness about ataxia. You could share something you know about ataxia with one other person who has never heard of it, educate a group of people by speaking at a school or civic group, contact your local media with your story, have a local elected official declare September 25th IAAD in your town, wear your IAAD t-shirt, participate and/or support an IAAD event near you! International Ataxia Awareness Day has grown over the years, and more ideas keep coming in. You can download the 2010 IAAD kit which contains information on how to get involved.

## **Let us know what you did to celebrate IAAD**

**We welcome you to share your experiences and ask you to submit for NAF's newsletter "Generations" an article on how you celebrated IAAD. Your story gives inspiration and direction to others to get involved in IAAD activities. You can submit your experience to [liz@ataxia.org](mailto:liz@ataxia.org).**

## 2010 IAAD Events

### **Virtual Walk n' Roll**

— Now to September 25, 2010

### **Minnesota Walk, Stroll n' Roll**

— September 18, 2010

### **NE Florida Support Group & Shands Hospital Ataxia Center IAAD Information Booth**

- September 21, 2010

11:00am at Shands Hospital-Gainesville, 1600 S.W. Archer Road, Gainesville, (not the McKnight Brain Institute) in the atrium (first floor) to hand out brochures, answer questions and in general, just create more awareness about ataxia. For more information, please email Steve Brown at [Bike4brown@aol.com](mailto:Bike4brown@aol.com)

or call (352)591-5095.

**Detroit Walk n' Roll**

— September 25, 2010

**Central TX Walk n' Roll**

— September 25, 2010

**OC/LA Walk n' Roll**

— September 25, 2010

**Omaha Walk n' Roll**

— September 25, 2010

**San Diego Walk n' Roll**

— September 25, 2010

**San Francisco Walk n' Roll**

— September 25, 2010

**Arts for Ataxia & Chesapeake Chapter IAAD Picnic**

— September 25, 2010

**Greater Atlanta Ataxia Support Group IAAD Picnic**

- September 25, 2010

**Maryland IAAD Yard & Bake Sale**

- September 25, 2010

7am - 12pm at Friendship United Methodist Church, 10537 Friendship Rd, Berlin, MD 21811. All proceeds benefit the National Ataxia Foundation. For more information or to purchase a space to sell your own items please contact Dana Simpson at 410-251-2478 or [danalynn16@comcast.net](mailto:danalynn16@comcast.net).

**Gilbert, SC Walk, Run n' Roll**

— October 2, 2010

**Seattle Walk n' Roll**

— October 2, 2010