

★ FUNDRAISING & AWARENESS IDEAS ★

LGS FOUNDATION LENNOX-GASTAUT SYNDROME

research | programs | education

DESIGN A T-SHIRT

Use a website like **Booster** to create an LGS awareness t-shirt and then set up a campaign to sell them and raise money for the LGS Foundation



Example: www.booster.com/lgs



WRITE TO THE MEDIA

Share your loved one's story about LGS with your local newspaper or TV station. Be passionate and make a strong point about why LGS needs more awareness and research. Use anecdotes and real-life storytelling.



HOST A BAKE-OFF

Challenge your friends to a bake-off competition. Encourage them to decorate their desserts in green and purple, LGS awareness colors. Then, sell the baked goods as a fundraiser for the LGSF!

FACEBOOK TRIVIA

Want to educate your facebook friends about LGS? Then, post a series of questions throughout the day on/ around November 1st and ask your friends to research and find the answers. Whoever answers the most questions correctly can receive a prize.



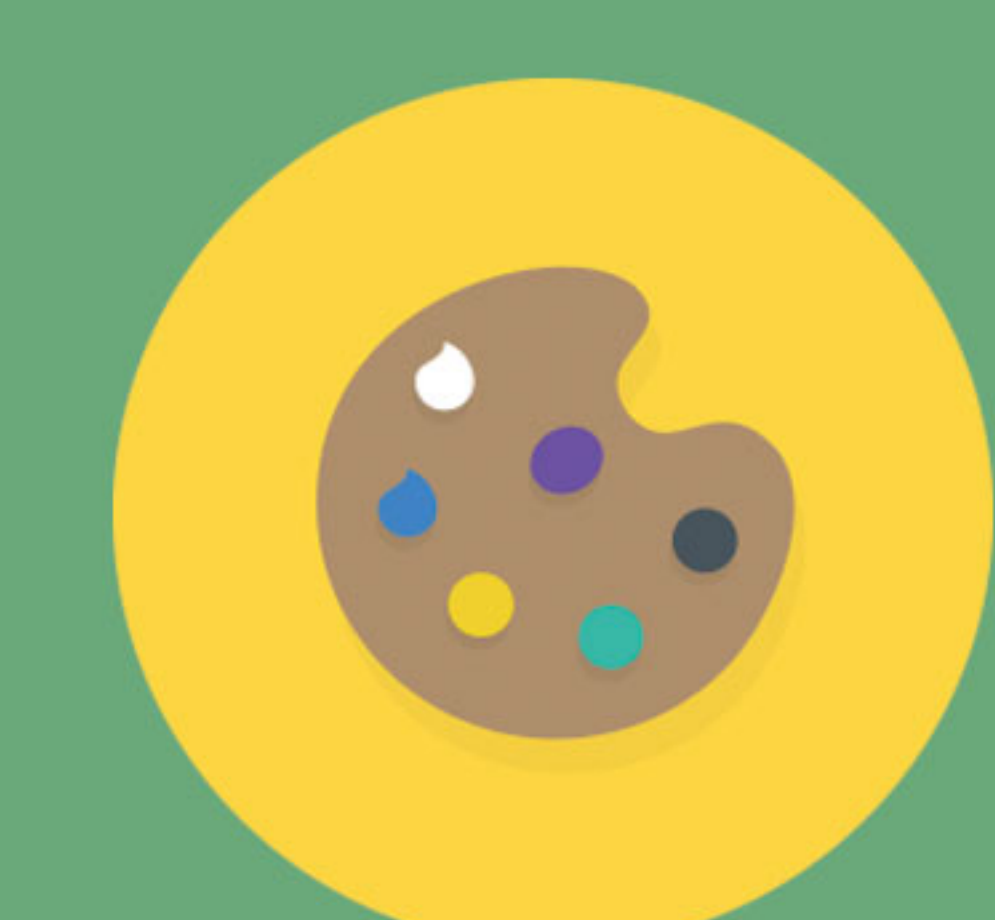
PLAN A YARD SALE

Clean out your attic space while helping to raise funds for the LGS Foundation. During the yard sale, place signs around your lawn with facts about Lennox-Gastaut Syndrome to help raise awareness and educate your neighbors.



ARRANGE A ZUMBATHON

The basic premise of a Zumba fundraiser is to organize a group Zumba class where participants pay money to participate in the event, which can last for an hour, or longer in the case of zumbathon. It's an easy, fun, and unique fundraiser that brings awareness to LGS!



ORGANIZE A PAINT NIGHT

Ask your local paint night establishment if they have a fundraising package. Or, organize a paint night of your own! To make it extra challenging, only use green and purple paint.

PLAN A SPORTS COMPETITION

Ask your colleagues, neighbors, family, and friends to participate in a sports competition, like a bowling or softball tournament; participants will pay an entry fee and join a team. Then, the teams will play against one another in a one-day event.



COORDINATE A PUB CRAWL

Organize a pub crawl for a group of your friends. Wear LGS t-shirts as you walk from pub to pub as a way to raise awareness. Charge a participant fee which can go towards the proceeds of the event.



SUBMIT A BLOG POST

Even if you don't have your own blog, you can write about your experiences with LGS and submit your writing to various magazines or websites for publishing. We recommend *The Mighty* or *Epilepsy Blog Relay*.



Example: www.firstgiving.com/lgsf/3rdpizzacrawl

Example: <http://bit.ly/28LTVS0>



ARRANGE A SUPPORT GROUP

Contact the LGS Foundation to learn how you can organize a support group in your area!

For more information: www.lgsfoundation.org/support

ORGANIZE A CANDLELIGHT VIGIL

Buy a bunch of purple and green candles from the dollar store and sell them to your friends for \$5 each. Then, pick a night and ask everyone to gather together to light a candle in honor of, or in memory of, someone with LGS. Donate the proceeds back to the LGS Foundation!



HOST A MOVIE NIGHT

Break out some popcorn and throw on a movie. Or, ask your local theater to host a small group for a special screening. We recommend the following films: *First Do No Harm*, *Seized*, and *Lorenzo's Oil*



REFER A FRIEND

Do you know someone who has a loved one with LGS that is not connected to other families? Then refer them to the LGS Foundation's website so they can sign up for our newsletter and be kept up-to-date on the latest news, treatments and events.



UTILIZE SOCIAL MEDIA

Use the hashtag #lgsaware to promote awareness in Lennox-Gastaut Syndrome. Change your profile picture to the LGS Awareness Day Logo, which can be found on the LGS Foundation's facebook page.



SHARE PICTURES

Share photos of your loved one with LGS and tag the LGS Foundation in your photos.



ORGANIZE A WALK

Walks are a great way to raise funds and public awareness of LGS. The LGS Foundation has developed a fundraising packet which outlines the steps for organizing a walk. For more information, visit www.lgsfoundation.org/supportlgsf.



DINE TO MAKE A DIFFERENCE

Organize an "LGS awareness" night at your favorite restaurant and invite all of your friends. But first, ask the restaurant to donate 10% of the checks back to the LGSF.

ART FOR LENNOX-GASTAUT SYNDROME

Ask local artists to donate art pieces for an exhibit or art show. Then, host an art event and ask the artists to donate a portion of their sales back to the LGSF.