

Carney Complex Community

connecting the dots

How you can help us celebrate Carney Complex Awareness Day April 24th!

1. Share posts and videos from the Carney Complex Awareness Page.

Leading up to April 24th we will be sharing posts on the Awareness Page on April 18th and 21st.

Be sure to share these on your personal wall.

2. Change your profile picture on April 24th!

Have your picture or that of a loved-one framed (Please be sure to get consent from the loved-one).

Alternatively we have frameless pictures for you to choose from as well. Feel free to go to www.carney-complex.org and download from there and then share as your profile picture



Starting April 18th we'll be taking requests!
More information will be shared in the post.

3. Change your cover photo on April 24th!

Feel free to go to carney-complex.org and download from there.

4. Share your own personal journey

Alternatively you can share an educational text on Carney Complex. We'll be sharing one April 24th on the Awareness Page. Check in with us then.

When sharing please include [#carneycomplex](https://twitter.com/carneycomplex) and [@carneycomplexawareness](https://twitter.com/carneycomplexawareness)

5. Share a 'Carney Complex Clover' with someone by saying 'Thank You'.



We'll be sharing a post April 21st with more details.

When sharing on social media please include [#sharingacarneycomplexclover](https://twitter.com/sharingacarneycomplexclover) and [@carneycomplexawareness](https://twitter.com/carneycomplexawareness)

We hope you have a great Awareness Day!
Jenny and Angela