

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

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

There will be a countdown leading up to April 24th starting April 14th. The Carney Complex Awareness Page (CNCAP) on facebook (fb) will be sharing different posts.



Be sure to like and follow the CNCAP so you don't miss any of the posts.

When sharing please include [#carneycomplex](#) and [@carneycomplexawareness](#).

### 2. Frame your profile picture on facebook April 14th! There are 5 frames to choose from.

Be sure to share the post with your family and friends as they too can participate and frame their profile picture. The more that join us the more people we will be able to reach!



Alternatively there are frameless designs available from previous Awareness Days. Feel free to go to [www.carneycomplex.org](http://www.carneycomplex.org) and download from there to use as your profile picture.

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



A post with more details will be shared April 18th. When sharing on social media please include [#shareacarneycomplexclover](#) and [@carneycomplexawareness](#)

### 4. Change your facebook cover photo on April 20th! You can choose to add your own text or use the the original. They'll be posted to the CNCAP on fb.

### 5. Take a picture with one of the Carney Complex fb picture frames on April 24th. 'How to' will be posted to the CNCAP on fb.

### 6. Write about your personal journey.



Alternatively you can share an educational text on Carney Complex - it will be shared April 24th on the CNCAP.

When sharing please include [#carneycomplex](#) and [@carneycomplexawareness](#)

Have a great Awareness Day in 2021!  
- Jennifer