

I KNOW HISTIO

AWARENESS CHALLENGE

50 POINTS

- Display an I Know Histo Garden Flag 
- Participate in the Tie a Blue Histo Ribbon campaign 
- Join the Camp Out for Histo or support a camper/campsite
- Record a Know Histo Awareness message
- Create a Facebook fundraiser for the Histiocytosis Association.
- Host an awareness/educational booth in your community in September 
- Wear Blue every Wednesday in September; use the hashtag #WearBlueWednesdays
- Contact your local government officials and/or media to share your story and facts about histio
- Distribute disease information to medical professionals in your area (avail. in our Awareness Kits)
- Register for the Histo Blue Ribbon Run

25 POINTS

- 'Wild Card' DIY awareness activity - What will you do to raise histio awareness? (25 pts. each)
- Participate in the I Know Histo Awareness Month Challenge (Easy, Peasy 25 pts.)
- Hosted a Facebook fundraiser for the Histiocytosis Association (Jan - August 2021)
- Display awareness materials at your home or office 
- Purchase a new 'I Know a Warrior', 'I am a Warrior' or 'My Warrior Has Wings' t-shirt
- Tell a friend or neighbor (or even 3 or 4) about histio
- Hang Histo Awareness Posters in your community 
- Make a donation to the Histiocytosis Association in honor or memory of a Histo Warrior
- Order awareness merchandise from the Histo eStore
- Paint a Histo Awareness Rock and hide it in your community. 

10 POINTS

- Take a group photo with your friends, family or co-workers raising histio awareness 
- Use the hashtag - **#IKnowHisto** on your social media posts
- Submit a Warrior name for the Histo Blue Ribbon Warrior Tribute Garden
- Light up your home or office in blue. 
- Share our posts on your social media

I KNOW HISTIO AWARENESS CHALLENGE

All throughout the month of September, we invite you to participate in our I Know Histo Awareness Challenge - for a chance to win prizes.

Earn points when you complete each of the awareness activities on the Challenge checklist.

At the end of Histiocytosis Awareness Month the top (3) scorers to accumulate at least 300 points will each win a \$50 Amazon Gift Card and the top scorer will also win an Awareness merchandise Bundle worth \$100.

EVERYONE is invited to play along - but to be eligible to win prizes, you must first sign up.

Get started in three (3) Easy Steps

1. Sign up to participate for the chance to win a prize.
2. Complete the activities on the 'official' I Know Histo Challenge checklist.
3. Visit www.histio.org for a variety of Awareness Month activities that will help you fulfill the Challenge.

Don't want to "officially" play along - but still want to raise histio awareness? No problem - we encourage you to find ways to spread the word about histiocytic disorders. Get involved and help us continue to educate and advocate on behalf of all those affected by histiocytic disorders.