



PWS AWARENESS MONTH VIRTUAL BINGO

Instructions: Complete **one square per day** in the month of May. Posts **MUST** be made on an FPWR Facebook FUNDRAISING Page - not your personal Facebook page.

Create your FPWR Facebook Fundraising page through your One Small Step Participant Center **OR** at facebook.com/fpwr.org/fundraisers if you do not have a local One Small Step event.

PRIZES

Complete 1 BINGO and receive an FPWR sticker in the mail.
Complete the entire BINGO page and receive an exclusive FPWR Gaiter and Cooling Towel!


Tip: Save the BINGO image to your phone to help keep track and **please follow the instructions at the top of the page carefully!**

Send your completed BINGO page or questions to
Sarah.Peden@fpwr.org

ONE Small STEP

for Prader-Willi Syndrome



<p>*START HERE* Create a facebook fundraising page at facebook.com/fpwr.org or through your OSS participant center</p>	<p>Make a donation to your FB fundraising page</p>	<p>Tell your story; why do you support PWS research?</p>	<p>Invite your friends to join your fundraiser</p>	<p>Share your fundraising page to your personal Facebook page</p>
<p>Send thank you messages to each of your donors</p>	<p>Share a research blog post from the FPWR website</p>	<p>Encourage friends to donate \$15 on the 15th, for the 15th chromosome</p>	<p>Share a PWS friendly recipe and explain why healthy food is important</p>	<p>Spend 15 minutes doing something you're loved one with PWS LOVES to do. Post a photo!</p>
<p>Post a video from the FPWR YouTube channel that inspires you</p>	<p>Post about your loved ones greatest strengths</p>		<p>Tag a teacher or therapist and tell how they have made an impact on your life</p>	<p>Post a creative THANK YOU image to thank your supporters</p>
<p>Post about a time you felt like giving up, but didn't</p>	<p>Tag a fellow PWS parent/ friend and explain how they inspire you</p>	<p>Challenge your friends to "ditch their lunch" in honor of PWS, and donate to your fundraiser</p>	<p>Give \$15, Ask for \$15, tag 15 people</p>	<p>What is your loved one's favorite hobby? Post a photo!</p>
<p>Tag a family member who has helped you in your PWS journey</p>	<p>Post about how FPWR has helped or inspired you to support PWS research.</p>	<p>Post about some of the best advice you've received on your PWS journey?</p>	<p>Share a chart from the PWS registry (Find one on the FPWR FB page)</p>	<p>Post about what LIVE LIFE FULL means to you</p>