

# HOW DO YOU RALLY?



**FIND US ONLINE!**

**chronicmigraineawareness.org**

@CMAware @chronicmigraineawareness

SCAN ME!



**JUNE 29<sup>th</sup>**  
**CHRONIC MIGRAINE AWARENESS DAY**  
**#RallyAgainstChronicMigraine**

**On Chronic Migraine  
Awareness Day  
June 29th & All Year Long!**



## How Do You Rally?

#RallyAgainstChronicMigraine is a new program brought to you by Chronic Migraine Awareness, Inc. (CMA). Our friend is here to remind society that people with chronic migraine "rally", fight and will persevere against this disease!

### How can the community participate on #CMAday and all year long?

#CMAday is globally recognized as June 29th annually and every year the chronic migraine community comes together to share their stories living with this neurological disease. To help you tell your story, we have created fun items you can use to add recognition to your social media photos. Here are a few things you can do:

- ☒ Get a Rally Tattoo and Pennant from our website
- ☒ Share a picture with your tattoo and/or pennant and hashtag your post with #RallyAgainstChronicMigraine and tag us @cmaware on Twitter or @chronicmigraineawareness on Facebook and Instagram
- ☒ Share images found on our social media sites and at [www.cmaware.org/rally](http://www.cmaware.org/rally)
- ☒ Change your Profile Picture frame found on Facebook by searching "Rally Against Chronic Migraine" in the frame search

### Have you spotted our furry friend?

He may be seen at CMA tables at Miles For Migraine races, at Retreat Migraine, and within our Triage and ARMS kits. You can also purchase Rally Merch on our website at [www.cmaware.org/rally](http://www.cmaware.org/rally). We can't wait to see your photos on social media!