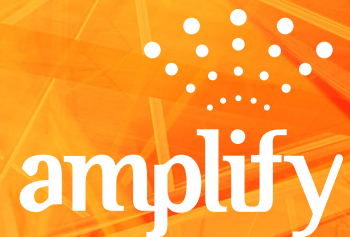


# LLAM 2018



## WEEK 1

### Sunday, April 1

Let's kick off Limb Loss Awareness Month by turning Facebook orange! Show your support by changing your Facebook cover photos to LLAM! Check out the toolkit at [AmplifyYourself.org](http://AmplifyYourself.org). (And Happy Easter!)

### Monday, April 2

Sign up today for the LLAM: Federal Advocacy Webinar on Tues, April 3 at 1pm EDT. Register for free at [amputee-coalition.org](http://amputee-coalition.org).

### Tuesday, April 3

Did you know? Nearly 16,000 copies of *First Step, A Guide to Living Well With Limb Loss*, were distributed in 2017. Call 888.267.5669, ext. 1, to request a copy.

### Wednesday, April 4

Wear orange EVERY Wednesday in April! Whether it's a ribbon on your shirt or your lucky orange socks, share why you chose to wear orange. Post a pic of your orange flair to our Facebook page and [#AmplifyYourself](https://twitter.com/AmplifyYourself).

### Thursday, April 5

Did you know? Lifetime healthcare costs for people with limb loss averages \$509,275 compared to \$361,200 for people without limb loss. (source) [#AmplifyYourself](https://twitter.com/AmplifyYourself) and share this information from our Facebook page.

### Friday, April 6

Stay informed: 3.6 million people in the United States will be living with limb loss by 2050. (source) Spread awareness by sharing this information from [our Facebook page](#) today.

### Saturday, April 7

Haven't added our Twibbon to your Twitter or Facebook yet? (Not sure what a Twibbon is?) Today is the day to update that profile picture, [#AmplifyYourself](https://twitter.com/AmplifyYourself) and speak out for others.

Step 1: Go to <https://twibbon.com/Support/limb-loss-awareness-month> and click "login to add Twibbon"

Step 2: Login to your Facebook/Twitter account

Step 3: Select "Add to Twitter/Facebook" or "Add to Facebook" where you'll preview your new profile picture, add a message to your timeline!

Step 4: Click "Add the Twibbon to Facebook/Twitter" and Voila! Spread the love by sharing the Twibbon link!

## WEEK 2

### Sunday, April 8

A picture is worth 1,000 words. Share yours on our Facebook page, or email us at [amplify@amputee-coalition.org](mailto:amplify@amputee-coalition.org).

### Monday, April 9

Is there someone you admire that helped you or a loved one live well with limb loss? Consider sharing the story for our "Heroes" segment in *inMotion* magazine. It's easy: Just email [editor@amputee-coalition.org](mailto:editor@amputee-coalition.org), or call 888.267.5669, ext. 8111.

### Tuesday, April 10

Did you know? There are approximately 2.1 million people living with limb loss in the US. ([source](#)) Stay informed, and speak out for others. Share this statistic from [our Facebook page](#) today. #AmplifyYourself

### Wednesday, April 11

Wear orange EVERY Wednesday! Whether it's a UT cap or your favorite shirt help speak up and speak out by sharing the reason you wear orange. Share your photo on Facebook or email us [amplify@amputee-coalition.org](mailto:amplify@amputee-coalition.org) and #AmplifyYourself!

### Thursday, April 12

#### Saturday, April 15

Today #AmplifyYourself and tell someone about a moment you are truly proud of – a time you felt like your own hero. Share the conversation with us on [Facebook](#) or at [amplify@amputee-coalition.org](mailto:amplify@amputee-coalition.org)

### Friday April 13

Help increase knowledge by sharing the facts: 82% of amputations in the United States are caused by vascular disease. ([Source](#)) Spread the word. Share from [our Facebook page](#) today

### Saturday, April 14

Today is *Support Group Appreciation day!* Post on our Facebook page or email us at [amplify@amputee-coalition.org](mailto:amplify@amputee-coalition.org) and we'll share your post! Your meetings #Amplify important connections!

### Sunday, April 16

Today, educate about the importance of access to medical care and post this link to highlight which states have a Fair Insurance for Amputee law. Tag 5 friends and ask them to post and keep the momentum going. <http://www.amputee-coalition.org/advocacy-awareness/state-issues/>

## WEEK 3

### Monday, April 17

Did you know? Approximately 507 people in the U.S. lose a limb every day. ([source](#)) Spread awareness, #AmplifyYourself and educate others by sharing this stat from [our Facebook page](#) today.

### Tuesday, April 18

AMPLIFY YOURSELF: As we learned yesterday, there are approximately 507 amputations every day. Take a picture of yourself at 5:07, post it to #AmplifyYourself and show your support.

### Wednesday, April 19

Wear orange EVERY Wednesday! Whether it's your new spring tie or a great t-shirt, let the world know why you are wearing orange today. Post your biggest smile to [our Facebook page](#) and #AmplifyYourself

### Thursday April 20

Did you know? 36% of people living with limb loss experience depression. ([source](#)) Take a minute to elevate understanding and repost from [our Facebook page](#) today.

### Friday, April 21

Today is Peer Visitor Appreciation Day! Have you had a memorable visit? A profound connection? A great conversation? Honor them, and share your story and a photo! #AmplifyYourself

### Saturday, April 22

We want to know: What is the most annoying, everyday thing that only other amputees will understand? Tell us on [our Facebook page](#), and see what others have to say!

### Sunday, April 23

If you feel passionate that everyone should receive quality prosthetic, then [click here](#) to write to your Congressperson! Next, share this link to your Facebook and tell us how it felt to #AmplifyYourself!

## WEEK 4

### Monday, April 24

Spread knowledge: Each year, more than 600 children undergo an amputation relating to a lawn-mower accident. [\(source\)](#) It's just one type of limb loss trauma, but help it serve as a reminder by reposting from [our Facebook page](#) today.

### Tuesday, April 25

It's day one of Hill Days. Thanks to those joining us in D.C and from afar! If you couldn't make it, be a part of the momentum by writing your legislators at [AmplifyYourself.org](#). Keep an eye on the [Amputee Coalitions Twitter](#) for live tweeting from Washington D.C. today!

### Wednesday, April 26

Today is Day two of Hill Days! For those of you who couldn't join us please tune into our Facebook Live Event on the [Coalitions Facebook page](#) at 4:00 EST.

### Thursday, April 27

Did you know? African Americans are FOUR times more likely to experience an amputation than white Americans. [\(source\)](#) Learn more and share the facts from [our Facebook page](#) today.

### Friday, April 28

Today, share your appreciation of someone who has helped you on your journey. Caregivers, family, friends, clinicians. Celebrate those who support you by sharing it with [our Facebook page](#)!

### Saturday, April 29

It's the last Saturday in April and that means it's time to #ShowYourMettle! Share your favorite picture on Facebook, Twitter and Instagram! Make sure to tag us in your post!

### Sunday, April 30

Limb Loss Awareness Month is coming to a close. Thank you for joining in – and keep raising your voice! #AmplifyYourself by sharing your stories at [AmplifyYourself.org](#) and writing to your [congressperson](#). Tell the world you will continue to speak up for yourself and speak out for others. No is not an answer.