

HELP LIGHT UP LANDMARKS AROUND THE COUNTRY DURING APRIL, ADRENAL DISEASE AWARENESS MONTH

STEP 1: SUBMIT YOUR REQUEST

Identify potential landmarks—buildings, bridges, homes, businesses, stadiums, and other local points of interest—in your area that offer to illuminate landmarks for a specific cause. Complete any applications or request forms required by the landmark you are asking to light up. You are welcome to use the template letter we've provided for your convenience when submitting your request.

STEP 2: LET NADF KNOW

Once your landmark has confirmed let NADF know by filling out the Contact Us form <https://www.nadf.us/contact-us.html> and in comments section write the name of the landmark or building.

STEP 3: PROMOTE YOUR MONUMENT!

Make your local community aware by sharing pictures on social media. Please tag NADF using #AADAM2024 and #NADFadrenal.

You can also:

Light up your home for Adrenal Diseases Awareness!

Show your support from the comfort of your home. We want to encourage as many people as possible to participate in Light Up for Adrenal Awareness Month and we hope that some of these creative tips will help prepare you to illuminate your home.

1. Showcase your artistic side! Use blue window paint and colors to create a work of art that fills the windows of your home.
2. Replace the light bulbs inside and outside with blue colored bulbs or hang string lights around your home.
3. Take a picture of yourself with the illuminations or decorations you displayed and post it on your social media. Be sure to tag NADF and use #AADAM2024 and #NADFadrenal We can't wait to see the creative ways you illuminated your home during 2024 Awareness Month!