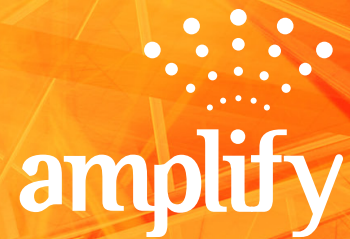


Daily Actions Calendar



WEEK 1

Saturday, April 1

It's day ONE of Limb Loss Awareness Month! Show your support by changing your Facebook and Twitter cover photos to LLAM! Go to AmplifyYourself.org and click "Toolkit" to download.

Sunday, April 2

Sign up today for the LLAM: Tell Your Story Webinar Tues, April 4 at 1pm EDT. Learn to persuasively tell your story, whether speaking to policymakers, your clinician, friends, or the world at large and #AmplifyYourself. [Register for free.](#)

Monday, April 3

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 and share this information from [our Facebook page.](#)

Tuesday, April 4

Hop on to the Tell Your Story Webinar at 1pm EDT for a short course in telling your story persuasively and passionately. #AmplifyYourself. [Register for free.](#)

Wednesday, April 5

Wear orange EVERY Wednesday in April! Whether it's a ribbon on your shirt or your lucky orange socks, start conversations about why you chose to wear orange. Share a pic of your orange flair to [our Facebook page](#) and #AmplifyYourself

Thursday, 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.

Friday, 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 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!

Saturday, April 8

We want to hear your thoughts: What is one thing you wish you knew earlier on in your journey with limb loss/limb difference? Share your wisdom with others on [our Facebook page](#) today.

Sunday, April 9

At the center of Limb Loss Awareness Month and the Amplify Initiative are the true stories of people with limb loss and limb difference. Be heard. Click on “Share YOUR story” at [AmplifyYourself.org](#).

WEEK 2

Monday, 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

Tuesday, April 11

Are you struggling with insurance coverage? Our tool can help you write your insurer to help address your case at [AmplifyYourself.org](#). No is not an answer!

Wednesday, April 12

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 a pic on [our Facebook page](#) and #AmplifyYourself

Thursday 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

Friday, April 14

Today is Support Group Appreciation day! Jump on our Facebook page and show some love by telling us about your group, why it's so important to you, and tagging your members!

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

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.