

NF EVERYWHERE CHALLENGE

Put NF on the Map



PRINT · SHARE · SNAP · SPREAD AWARENESS

Our goal is for the NF Midwest community to complete all the challenges together, showing that NF awareness can happen anywhere. It's sort of like a scavenger hunt.

For each challenge, **the first person to share a photo completing that challenge** will receive an **NF wristband** and a **No One Fights Alone bottle sticker** as a thank you. We may also add something special for anyone who completes all the challenges on their own.

- With someone in costume
- With a restaurant employee in uniform
- With someone in police, fire, or military uniform
- At a restaurant or coffee shop
- At your workplace (breakroom, hallway, bulletin board)
- At a gym or fitness center
- On a community bulletin board (library, school, park district)
- Next to a city, town, or state sign (hold flyer—no taping)
- At a bus stop or train station (photo only)
- With a local "celebrity" (coach, principal, mayor, librarian, small business owner)
- With someone who has NF, sharing part of their story (only if they want to)
- Your own creative idea (NF Anywhere counts!)

**How to
Participate:**

- Print an NF Awareness flyer (8.5×11 or 11×17)
- Share it with permission
- Take a photo
- Post using **#NFEverywhere #NFOnTheMap #NFMidwest**



Neurofibromatosis Midwest
NFMIDWEST.ORG

