

June 21

SHADES FOR



MIGRAINE

SHOW YOU CARE



WEAR A PAIR

## Join the Shades for Migraine Challenge!

- 1** Put on your shades on June 21st, Migraine Solidarity Day to show you care for people living with migraine disease.
- 2** Take a photo of yourself wearing the shades. (Bonus points for wearing them in a place you normally wouldn't)
- 3** Post your photo on social media with the hashtag #ShadesForMigraine and challenge 3 friends to take part too!
- 4** Watch your impact multiply



Continue the fun by heading to [ShadesForMigraine.org](https://ShadesForMigraine.org) for official Shades for Migraine gear, contests, resources, partners and more.