

# 15 DAYS OF ANGELMAN SYNDROME AWARENESS



1 - 5 FEBRUARY



To raise awareness for Angelman syndrome across the world and in your local community, the ASF has developed a list of 15 simple things you can do leading up to International Angelman Day on February 15.



[angelmanday.info](http://angelmanday.info)



International  
Angelman Day

1 Feb



Get Your IAD Gear

Purchase your 2025 IAD official merchandise and wear your support.

**Shop now** in order for your gear to arrive before IAD.

2 Feb



Light It Blue

It takes planning to light a building, landmark, or piece of architecture blue. Start making calls and sending emails today!

**Download** the "How to Light It Blue" Toolkit

3 Feb

angelman  
**STRONG**

Register for  
Angelman Strong

Angelman Strong registration is open! Register your loved one with AS by February 15 (IAD) for a chance to win a custom fathead.

**#AngelmanStrong**  
**Register Today**

4 Feb



Calling All Siblings

Calling all siblings! Join us for an IAD theme Friends with Wings Call. Siblings play an important role as advocates daily, but especially on IAD.

**Join Your Friends**  
**February 11 - 12**

5 Feb



Raise Awareness

Feeling lost on how to talk about an Angelman syndrome diagnosis? You are not alone. We are here to help you raise awareness on our rare disease.

**Watch this video**

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6 - 10 FEBRUARY



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International  
Angelman Day

6 Feb



Show You Are  
Angelman Strong

Today's social theme is Show You're Angelman Strong! In the face of challenges, you have shown incredible strength, determination and love. Flex a muscle, show your strength, and post online using these hashtags

**#AngelmanDay2025**  
**#AngelmanStrong**

7 Feb



Remember

Remember those who lived with Angelman syndrome that are no longer with us. Add a memorial to the virtual memory wall.

**Visit [angelmanday.info](http://angelmanday.info)**

8 Feb



Profile Frame

Change your profile picture to include the official International Angelman Day profile frame!

**Create Yours Here**

9 Feb



Donate

Share your Angelman Strong fundraising page with 15 people and ask them to donate \$15 in honor of International Angelman Day (15th of February) and Angelman syndrome (a chromosome 15 condition).

**Create a Page**

10 Feb



Sign Up for  
LADDER

Join the LADDER database, a global network of patient-powered data used to improve care for people living with Angelman or syndrome.

**Enroll Now**

# 15 DAYS OF ANGELMAN SYNDROME AWARENESS



11 - 15 FEBRUARY



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International  
Angelman Day

11 Feb



Coloring Sheets

A fun activity for kids are the ASF activity pages and coloring sheets. Use these to educate friends and classmates about their friends with Angelman syndrome.

**Download & Print**

12 Feb



Learn

Pick a topic below and learn something you might not have previously known about Angelman syndrome.

**Genotypes**  
**Seizures**  
**Communication**  
**Sleep**  
**AS and the Gut**

13 Feb

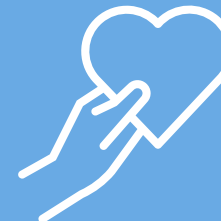


Awareness Flyer

Create your own custom AS awareness flyer. You can distribute them to schools, therapy offices, churches, or anywhere else!

**Customize Here**

14 Feb



Valentine's Day

Hand out your "Spread the Love" Valentine's amongst friends and family. Use this opportunity to encourage everyone to wear blue on International Angelman Day tomorrow.

**Download**

15 Feb



Many Thanks!

Thank everyone who supported you throughout the month. Ask them to mark their calendar for next year!