

# GIST AWARENESS DAY

2020



**HELP US BRING AWARENESS AND EDUCATION ABOUT GIST TO THE WORLD BY CELEBRATING GIST AWARENESS DAY ON JULY 13TH!**

**This year our GIST Awareness Day theme is #GISTHope.**

Here are some suggestions as to how you can join in the fun:

- During this pandemic, we have seen images of hope that people are sharing on social media. We invite you to spread the message **#GISTHope** by painting this message on rocks and placing them on trails or pathways in your community.
- Paint or draw an image of a rainbow, the universal sign of hope with the hashtag **#GISTHope**.
- Want to go bigger? Paint a GISTHope sign, or make a quilt, design jewelry, create a mural, or hang a banner.
- Distribute information about GIST to local doctors. **#GISTHope**
- Join the **Virtual GIST DO IT Walk** on July 12th.  
<https://charity.gofundme.com/o/en/campaign/gist-do-it-virtual-2020>
- Hold a GIST Awareness Day event at a local medical center, advocacy organization or school. Need materials? Contact Mary Garland: [mgarland@lifteraftgroup.org](mailto:mgarland@lifteraftgroup.org)
- Take action. GIST DO IT by joining the patient registry ([lifteraftgroup.org/patient-registry](http://lifteraftgroup.org/patient-registry)), or if you're already a member, by donating tissue to our GIST Collaborative Tissue Bank ([lifteraftgroup.org/tissue-bank](http://lifteraftgroup.org/tissue-bank)) You will be contributing to #GISTresearch.
- Share your story. Offer to speak at local cancer centers or events. Send your story to your local newspaper. Make a short video (no more than two minutes) where you talk about what having GIST has meant in your life. We may use those as part of our awareness campaign on social media. **#GISTHope**
- Be an advocate. Host a letter writing party to encourage your local and national legislators about the importance of supporting funding for cancer research.
- Run a fun event. Have a sundae making party to solicit donations. Make posters that say **#GISTHope**. Rally the kids to help.
- Create a fundraiser on social media. **#GISTHope**.
- Show the world how resilient GIST patients really are. Hold a *virtual event* that illustrates the theme of **#GISTHope** that showcases your creative side. Hold a dance marathon, poetry slam, open mic, salsa contest, art exhibit and also let people know about GIST.
- Take photos at your patient gatherings. Create a collage called **#GISTHope**.
- You can find our Facebook frames for **#GISTHope** by searching Life Raft Group in the area where you add a Profile Frame on Facebook.
- You can download a **GISTHope** logo from the page listed below.

No matter what you do, have fun! Send us photos for social media. **GIST DO IT!**

**Want to learn more about GIST Awareness Day?**  
[lifteraftgroup.org/about-gist-awareness-day](http://lifteraftgroup.org/about-gist-awareness-day)