

October 9, 2023
World PANDAS/PANS Awareness Day



Email subject line: World PANDAS/PANS Awareness Day 2023

Dear **XXX**,

I am writing today to ask for your help raising awareness for the estimated 1 in 200 children, youth, and adults affected by PANDAS and PANS. Since 2009, P/P champions around the world have been raising awareness and support for October 9th PANDAS/PANS Awareness Day. On April 1/23, Inflamed Brain Alliance (IBA) became the first Canadian P/P charity. IBA is on a mission to restore brain health for everyone affected by P/P by bringing together those committed to help serve the P/P community.

Give 1-2 sentences about your story and why you are raising awareness for the P/P community.

Don't hesitate to reference both inspirational messages and potential challenges faced in your journey as an individual/family living impacted by P/P.

Could you join us by lighting up **(building/landmark)** in red this year? We would love to see as many buildings, monuments, and landmarks as possible lit up on Monday, October 9 to put a spotlight on the estimated 30,000 Canadians and their families impacted by P/P.

For more information about PANDAS/PANS Awareness Day visit the website of the [Inflamed Brain Alliance](https://www.inflamedbrain.org).

I look forward to hearing from you.

Kind regards,

Your contact details