



The MCAS Step Challenge

Step Up for a Cause!



Join the **MCAS Step Challenge** and *stride towards a brighter future with each step you take.*

Whether it's five steps, a thousand steps or ten thousand steps,
every stride counts in our mission to raise vital funds for the MCAS community.

Step into action and **make a difference for the MCAS Community** by setting your own personal challenge.

This inclusive event invites everyone to participate at their own pace, ensuring that **every step** brings us closer to our fundraising goals.

**Together, we'll walk, jog, or run towards better awareness, research, and support
for those affected by Mast Cell Activation Syndrome.**

Lace-up your shoes, sync your fitness tracker, and let's step forward as one community towards a healthier tomorrow.

Join us for the **MCAS Step Challenge** and let your *steps speak volumes for those who need our support the most.*

Together, we can make every step count!

If you aren't able to participate in our MCAS Step Challenge, please share the event with your friends, family and colleagues – and ask them to get moving for MCAS.

Whatever your challenge, we will be cheering you on, supporting from the sidelines!

Don't forget to email us for your fundraisers t-shirt!



To sign up scan or visit: justgiving.com/campaign/themcasstepchallenge



30 DAYS of MCAS awareness

for International Mast Cell Disease Awareness Month Empowering Awareness and Advocacy

Update your
profile pic
with our
#mcasaware
twibbon



1

 Order your
Awareness
Month t-shirt



2

Plan your
#mcasstepchallenge
or
#mcascreativechallenge

3

Download our testing
leaflet & **share with**
your GP



4

Join our
games night social



5

Do something special
with a loved one
#Istillcan
#mcasaware



6

Share why
Awareness Month
matters to you
#mcasaware
@mastcellaction

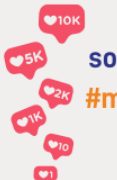
7

Check out '**Mast**
Cells and The Mind'
on YouTube



8

Share a fact about
MCAS on
social media
#mcasaware



9

Check out the
advocacy section
on our website



10

Come to our
Creative session



11

Attend **Our stories**
session to hear
from **Suzie Mac**



12

Ask your workplace
or school to hold a
fundraiser



13

Order your **free**
Casper pack
and check out our
new parent/carer
webpage

14

Register for our
upcoming
Mindfulness
Session



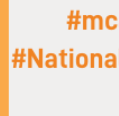
15

Check out
Our stories
on YouTube



16

Have a family/friend
picnic and share pics
#mcasaware
#mcaspicnic
#NationalPicnicWeek



17

Buy us a coffee



18

Book your place for
'**Women's health**
and MCAS'
session



19

Take a look at the
self-management
pack on our
website



20

Give **THANKS**
to someone
(or some-pet)
who supports
you



21

Take a moment to
enjoy some
self-care



22

Share
an MCAS
news article on
social media



23

Attend our virtual
'**Women's health**
and MCAS' session
with Dr Corrine
Fletcher



24

Set-up a regular
donation to **Mast**
Cell Action



25

Join Chloe Hall at our
virtual event to learn
about **Supplements**
and MCAS



26

Come to our
Community Support
Session



27

Tag **@mastcellaction**
in your **awareness**
day t-shirt pics



28

Share your
MCAS creations
- from poems to art
@mastcellaction



29

Share your
#mcasstepchallenge
total and donate your
fundraising total to
Mast Cell Action



30

Scan here for more
Awareness Month ideas or visit:

mastcellaction.org/international-mast-cell-disease-awareness-month




**MAST CELL
ACTION**

Tag us to shout about how you are celebrating **@mastcellaction**