



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**

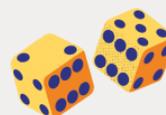


Plan your **#mcasstepchallenge** or **#mcascreativechallenge** **3**

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**