

# NARCOLEPSY: NOT ALONE

Brought to you by:

*Julie Flygare*

*Join us: people with narcolepsy AND supporters!*

## Directions for Participation:

1. Print attached sign or create your own.
2. Pick location & snap photo with sign (optional: include friends, pets).
3. Send **high resolution** photo to [narcolepsynotalone@gmail.com](mailto:narcolepsynotalone@gmail.com).

Include:

- a. Your first name
  - b. Your home state (in USA) OR your country (outside USA)
4. Share via social media:
    - a. Facebook Event:  
<https://www.facebook.com/JulieFlygareAuthor>
    - b. Twitter: #narcolepsynotalone @REMRunner
    - c. Instagram: #narcolepsynotalone @REMRunner

*Thank you! Together we are putting narcolepsy on the map.*

**Check [www.julieflygare.com](http://www.julieflygare.com) for campaign updates,  
photos, maps & contests!**

**Please note:** Submitted photographs will be used as part of the on-going “Narcolepsy: Not Alone” campaign conducted by Julie Flygare including use in blog posts, web pages, videos, and social media posts.

Questions or concerns? Contact: [narcolepsynotalone@gmail.com](mailto:narcolepsynotalone@gmail.com).

**MARCOLEPSY:**

**NOT ALONE**