

Don't let the sun go
down on USH.

On **August 22nd**,
join us for this 26 day
challenge.

On **September 16th**,
we will celebrate
Usher Syndrome
Awareness Day across
the globe.

#USHEQX



HOW TO
OWN THE EQUINOX

Why Own the Equinox?

The autumnal equinox in the northern hemisphere marks the start of days containing more darkness than light.

It is a powerful metaphor for the threat of Usher syndrome.

The Usher syndrome community has the power, today, to stop their world from sliding into darkness.

On **August 22nd, we will Own the Equinox for 26 days leading up to **September 16th**: Usher Syndrome Awareness Day.**





**Join the USH family to help push off the
darkness for our sons and daughters,
for our brothers and sisters, for our partners,
for our friends and for ourselves.**



From Australia to Alaska, Dublin to Denver, Holland to Hammond, Indiana, people Own the Equinox in a number of unique ways.

- Marathons**
- Mile-a-thons**
- Hug-a-thons**

Here's how YOU can start to Own the Equinox.

OWN THE EQUINOX

1

COMMIT

to walking, running or biking
a mile a day starting
August 22.

2

CHALLENGE

your friends and family to
participate and contribute to
your fundraising page.

3

GET MOVING

Run, walk, or bike one mile a
day for 25 days, On
September 16, we all join to
go the last mile together!

4

TELL THE WORLD

Post your stories and pictures
on Facebook, Twitter and
Instagram using the hashtag
#USHEQX. Share your story!

**"I reached out to the Usher Syndrome Coalition,
asking,**

'I'm here, what can I do?'

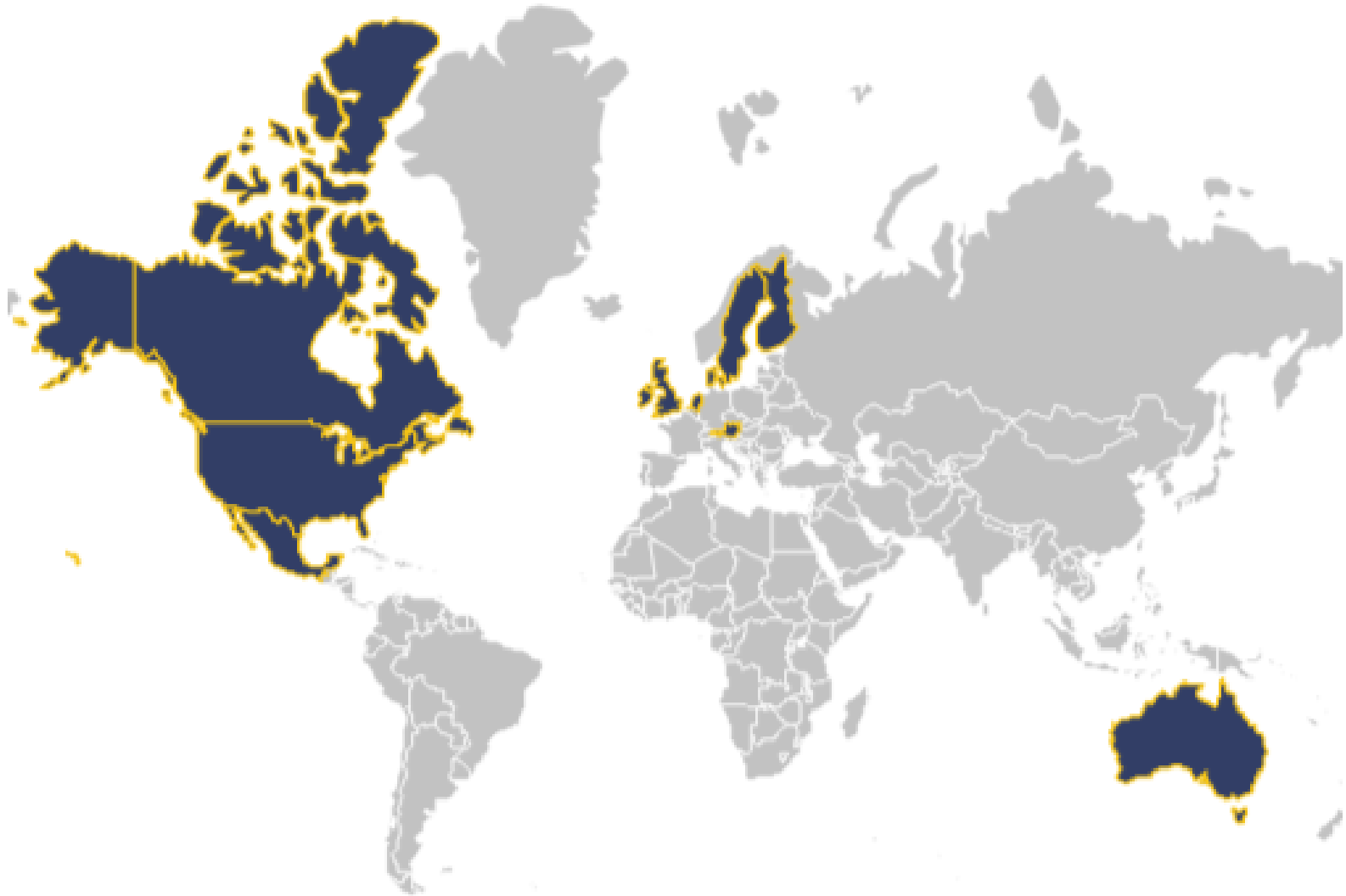
Now, I spread awareness about Usher syndrome. I give back. I'm most grateful and appreciate the opportunity to share in honor of this awesome awareness event."

Danay Trest, living with Usher Syndrome II

We Owned the Equinox twice... (2015 and 2016)



Own the Equinox Global Participation



Past Participants: Australia, Austria, Canada, Denmark, Finland, Ireland, Mexico, The Netherlands, Sweden, United Kingdom, United States

**...and we will Own the Equinox
every year until Usher syndrome is
history.**



USHER SYNDROME COALITION

#USHEQX



[/UsherSyndromeCoalition](#)



[/UsherCoalition](#)



[/ushcoalition](#)