

the **NO PUCKER** CHALLENGE



STEP 1:

Eat a lemon! (try not to pucker)

Go for the funniest pucker, biggest pucker, craziest pucker, best pet pucker, youngest pucker, most ridiculous pucker, etc. etc. etc. Have fun with it!

STEP 2:

Challenge three family members/friends/colleagues/complete strangers to do the same.

Make sure you video the reactions (that's the best part!)

STEP 3:

Post your No Pucker Challenge video on social media

Please include the following hashtags: #nopuckerchallenge #curenpc

STEP 4:

Donate towards a cure at www.nopuckerchallenge.org

100% of donations go to advancing NPC research.

OPTIONAL FOR FAMILIES:

Contact local media about the No Pucker Challenge and your family's NPC story. Please contact Sara for press materials. Also consider asking your local fire department, school, and community groups to take the challenge.

About the Challenge

The No Pucker Challenge's goal is to drive awareness and help find a cure for NPC. It was developed by the McGlocklin family and Do/Love/Live. This is a community wide project with many collaborators of NPC families, the research efforts of SOAR and the APMRF, the NNPDF and international groups. Please email Sara contact@hopeformarian.org or rubenstein.sara@gmail.com for more info. Together we can help find a cure for NPC!