



Sample Social Media Posts

This September, it's time to Rock & Roll into a world without CMT! Join me and the rockstars of the CMT community in spreading awareness about Charcot-Marie-Tooth disease (CMT), a hereditary disease of the peripheral nerves that causes loss of sensation and function in areas of the body such as the hands, arms, legs, and feet. Learn more at cmtausa.org #CMTAM22

It's CMT Awareness Month! Did you know that 1 in 2,500 people live with Charcot-Marie-Tooth disease (CMT)? CMT is a hereditary disease of the peripheral nerves that causes loss of sensation and function in areas of the body such as the hands, arms, legs, and feet. Learn more at cmtausa.org #CMTAM22

Did you know that 3 million people worldwide live with Charcot-Marie-Tooth disease (CMT)? This month is CMT Awareness Month, and I am going to be sharing information with my friends and family about this hereditary peripheral neuropathy that I live with. [Share details of your journey with CMT] Learn more at cmtausa.org #CMTAM22

TikTok and Instagram Reels Ideas

- Join the CMTA's #CMTMusicChallenge and try to play an instrument with thick socks or oven mitts on your hands.
- The CMTA created a TikTok sound called "CMT AWARENESS." It is one of the pinned videos on the @CMTAUSA TikTok. Use the sound to share with others what your CMT type is.

Hashtags

- #CMTAM22
- #CMTAwareness
- #1in2500

Links

- cmtausa.org
- cmtausa.org/CMTAM22