

Celebrate World Down Syndrome Day

What is World Down Syndrome Day?

World Down Syndrome Day, celebrated annually on March 21, is a global awareness day officially observed by the United Nations. It is celebrated on the 21st day of the 3rd month of the year and was selected to signify the triplication (trisomy) of the 21st chromosome, which causes Down syndrome.

Celebrate the Day by Racing for 3.21



For almost a decade, NDSS has hosted one of the premiere World Down Syndrome Day awareness events, Racing For 3.21!

While it sounds like a running event, it doesn't have to be! You can move however you'd like for 3.21 miles or minutes on March 21st or do another activity that incorporates 3.21. Create a team and ask your community to support your efforts. The awareness and funds you raise support NDSS in our mission to empower individuals with Down syndrome and their families. Learn more and register [here](#).

Get involved with NDSS



NDSS empowers individuals with Down syndrome and their families by driving policy change, providing resources, engaging with local communities, and shifting public perceptions. Through events, videos, publications, and our [website](#), NDSS provides free resources on a variety of topics, including health and wellness, education, employment, adulthood and aging, financial wellness, and information for new and expectant parents. Contact NDSS at info@ndss.org or

through our toll-free helpline at 800-221-4602.