

Celebrate World Down Syndrome Day in the Workplace

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 with your coworkers and ask your friends and family 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](#).

Host a Conversation on Inclusion in the Workforce



We offer presentations for employers featuring insights from NDSS staff with Down syndrome about their employment journeys and workplace best practices for hiring, retaining, and supporting employees with disabilities. These sessions are tailored to meet the needs of your team—whether it's HR, managers, Employee Resource Groups, or executives. [Contact our Employment team](#) to schedule a call today!