

## Celebrate World Down Syndrome Day with your Team

### 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 colleagues and ask your friends and family to support your efforts! The awareness and funds you raise support NDSS in our mission to create a world where individuals with Down syndrome thrive. Learn and register [here](#).

### Share Educational Resources



NDSS has many free resources that you can use to better support this population. Take our [CARE Down Syndrome eLearning Course](#) or read [The Primary Care Provider's \(PCPs\) Guide to Women's Health and Down Syndrome](#) and [Practicing Inclusive Mental Healthcare of Individuals with Down Syndrome](#).