

Celebrate World Down Syndrome Day with your Community

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.

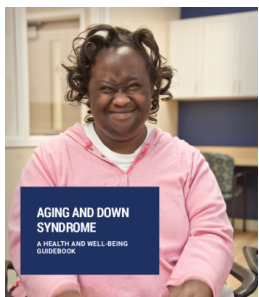
Celebrate the Day by Racing for 3.21



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. Rally your coworkers, inspire your friends, and bring your family together to join this incredible effort! Together, we can celebrate the Down syndrome Community and raise awareness! Learn more and register [here](#).

Share Educational Resources



NDSS has many free resources that you can share with the families you support. From our [New & Expectant Parent Guide](#), to [Healthcare Guidelines](#), [Aging Resources](#), [health-related webinars](#), and more, we've got you covered on tons of educational information you can utilize on the big day.