



duradash[®]

start where you are 

#duradash is a two-week community challenge from **May 28–June 10, 2023**, sponsored by the Spinal CSF Leak Foundation. During these 14 days, we're encouraging participants to aim to accomplish a total of 150 minutes of any activity, to be done at any time over the course of those two weeks. Our goal is to have 100 people participate, for a grand total of 15,000 collective minutes by the end of #duradash, all to raise awareness and support research into intracranial hypotension and spinal CSF leak.

WHAT IS SPINAL CSF LEAK?

Cerebrospinal fluid (CSF) is a special fluid that bathes and supports the brain and spinal cord. When the dura mater, a tough membrane that holds this special fluid in around the brain and spinal cord, has a hole or tear, cerebrospinal fluid can leak out. Thus our tagline: because your dura matters[®]

WHY “START WHERE YOU ARE”?

The physical activity recommendation for those with chronic health conditions or disability is to aim for at least **150 minutes a week** of movement or exercise. But that isn't always possible. For many people living with spinal CSF leak, being upright is a challenge, due to pain and neurological symptoms. That's why the theme for #duradash is to **start where you are** and do the amount and type of activity that is appropriate for you.

WHAT KIND OF MOVEMENT OR ACTIVITY COUNTS?

Any movement or activity that you enjoy and **that is appropriate for your current state of health counts** towards your #duradash goal. That could include:

Meditation	Standing	Being in a pool	Journaling
Relaxation	Tai Chi	Cooking	Reading
Self-care	Walking	Knitting	Listening to music
Gardening	Biking	Painting	Bird-watching
Sitting	Hiking	Drawing	

And literally any other kind of “everyday life” activity you might do in the course of a day.



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WHAT WILL MY CAMPAIGN SUPPORT?

The money raised by your campaign will support the Spinal CSF Leak Foundation's mission and research goals. Your campaign will help us:

- Award more research grants to advance the understanding, diagnosis, and treatment of intracranial hypotension
- Raise awareness among medical professionals by educating physicians and others about intracranial hypotension and spinal CSF leak
- Connect and strengthen our online patient community

HOW CAN I PARTICIPATE?

VIA CAUSEVOX: JOIN THE CAMPAIGN

- Sign up by clicking on the **“JOIN THE CAMPAIGN”** button on our page at **duradash.causevox.com**
- Create an account and personal fundraising page. Use the provided appeal or share your personal story and connection to spinal CSF leak.
- Either **CREATE A TEAM** and share the page directly with team members or **JOIN A TEAM** and search for your team name. If you do not know the team name, contact the team leader.
- Share your personal and team fundraising pages with friends, family, and coworkers to raise money and awareness for the Spinal CSF Leak Foundation.
- Track progress and post updates on your personal and team fundraising pages.

VIA FACEBOOK: CREATE A FUNDRAISER

- Go to **<https://www.facebook.com/fund/Spinal.CSf.Leak.Foundation/>**
- Be sure to select **“Spinal CSF Leak Foundation”** as the non-profit to support
- Set a target \$\$ amount and a finish date of **June 10, 2023**
- You may edit the title of your fundraiser, for example “[your name]’s #duradash fundraiser for Spinal CSF Leak Foundation”
- Edit the “why are you raising money” section to something like the following:
From May 28–June 10, I'm raising money for Spinal CSF Leak Foundation by participating in #duradash, a virtual activity challenge! The funds raised will support the Spinal CSF Leak Foundation's mission and goals. Every little bit helps! Thank you for your support.
- Track your progress and post updates as you participate in #duradash!