



# SOMETHING BIG IS COMING

03-07 JUNE 2019

We've got some big news: this June will see the launch of the first ever Legs Matter Week!

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MATTER!**

Find out more about the campaign  
and how you can get involved  
[#legsmatterweek](#)

[legsmatter.org](http://legsmatter.org)

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# GET INVOLVED

There's lots of ways you can get involved with the first ever Legs Matter Week. Here are THREE things you can start planning now.

## 01 – Host a Legs Matter Natter

Put the kettle on and get everyone together that week to talk all things legs and feet. A Legs Matter Natter can be as big or small as you make it. The important thing is that it's a chance to get more people talking about leg and foot health. It could be as simple as downloading our awareness leaflet and checking your own or each other's legs and feet for the early warning signs.

## 02 – Take the Legs Matter Pledge

We'll be asking everyone to take The Legs Matter Pledge during the week. All you need to do is:

1. Check your legs and feet
2. Share the ONE thing you will do to look after your legs and feet
3. Nominate someone else to take the pledge

We'll be kicking off the pledge in the weeks leading up to the 3<sup>rd</sup> June but you can find some top tips for leg and foot health in our handy leaflet that you or a friend can download NOW or read on our website.

## 03 – Share your one big thing

We'll be using the week to share the one thing people wish they had known about legs and feet. Let us know your one thing and we'll share it far and wide during the week. You can start sharing with us now on Twitter or Facebook using the hashtag #legsmatterweek or email us at [support@legsmatter.org](mailto:support@legsmatter.org)

Know what to look out for with our knees to toes tips which you can share or download and send to your friends, relatives and colleagues.

Request or download one of our free action packs and ask your local GP surgery, pharmacy, hospital, patient group or club to put it on your notice board. And while you're at it, take a photo showing it taking pride of place and share it with us.

Get the lowdown at [legsmatter.org](https://legsmatter.org)