



*World yOung
Rheumatic
Disease Day
(WORD Day)*

Light it Blue



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WORLD YOUNG RHEUMATIC DISEASE DAY (WORD DAY)

MARCH 18, 2024

WORK WITH US!

#LIGHTITBLUE

1

Dress up in blue, make your way to the landmark on the respective date after sunset

2

Take a selfie with the 'Blue' landmark

Post your photos on social media, tagging us and using any of the hashtags:

3

#LightingitBlueforWorldYoungRheumaticDiseaseDay
#lightitblue #takeapaincheck #tapclightitblue
#lightitblue4wordday

Email your photos to: info@takeapaincheck.com

Win Extra Points By:

4

- Visiting multiple landmarks - 5 points per landmark
- Extra people in your photo - 2 points per person
- Blue attire - point per person wearing blue
- Create a vlog-style video - 10 points
- Answer riddles and quizzes on our social media accounts - 2 points per riddle



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[@takeapaincheck](https://twitter.com/takeapaincheck)



[@takeapaincheck](https://www.tiktok.com/@takeapaincheck)

IMPORTANT DATES

Friday, March 15, 2024

Mar
15 Moose Jaw City Hall
Moose Jaw, SK

Mar
15 Sarnia City Hall
Sarnia Ontario

Saturday, March 16, 2024

Mar
16 CN Tower,
Toronto Ontario

Mar
16 Nanaimo Bastion,
Nanaimo British Columbia

Mar
16 BC Place,
Vancouver British
Columbia

Mar
16 BC Parliament,
Victoria British
Columbia

Mar
16 Vancouver Community
College,
Vancouver British Columbia

Mar
16 Fitzsimmons Bridge,
Whistler British Columbia

Mar
16 Sails of Light
British Columbia

Mar
16 Subaru of America,
Camden New Jersey

Mar
16 Bank of America Plaza,
Dallas Texas

Mar
16 Hamilton Sign,
Hamilton Ontario

Mar
16 Flint Hills Discovery
Center,
Manhattan Kansas

Mar
16 City Hall & Springer
Market Square,
Kingston Ontario

Mar
16 Tower 42,
London England

Mar
16 Melbourne City Hall,
Melbourne Australia

IMPORTANT DATES

Saturday, March 16, 2024 - Continued

Mar
16

Mitchell Park Horticultural
Conservatory,
Milwaukee Wisconsin

Mar
16

Moose Jaw City Hall,
Moose Jaw
Saskatchewan

Mar
16

Skydance Bridge,
Oklahoma City
Oklahoma

Mar
16

Circa Centre - Brandywine
Realty Trust,
Philadelphia Pennsylvania

Mar
16

Philidelphia International
Airport,
Philidelphia Pennsylvania

Mar
16

Wells Fargo Center BOMA
Philidelphia, Pennsylvaniam

Mar
16

City Hall Port Coquitlam,
Port Coquitlam British
Columbia

Mar
16

Civic Plaza,
Surrey British Columbia

Mar
16

Lethbridge City Hall,
Lethbridge Alberta

Mar
16

Winnipeg Sign,
Winnipeg Manitoba

Mar
16

Vancouver Convention
Centre,
Vancouver British Columbia

Mar
16

Peterborough City Hall,
Peterborough Ontario

Mar
16

BC Parliament (Ceremonial
Entrance + Waterfall)
Victoria British Columbia

Mar
16

Children's of Alabama
Birmingham, Alabama

Mar
16

Baltimore City Hall Dome,
Baltimore Maryland

Mar
16

Esplanade Riel Bridge,
Winnipeg Manitoba

IMPORTANT DATES

Saturday, March 16, 2024 - Continued

Mar
16

St. John's City Hall,
Newfoundland and
Labrador

Mar
16

James S. McDonell
Planetarium,
St. Louis Missouri

Mar
16

Niagara Falls,
Canada/United States

Mar
16

Charlottetown City Hall
Tower,
Prince Edward Island

Mar
16

Milwaukee County
Historical Society,
Milwaukee Wisconsin

Mar
16

George Bush
International Airport,
Houston, Texas

Mar
16

Halifax City Hall,
Halifax Nova Scotia

Mar
16

Myriad Botanical
Gardens,
Oklahoma City Oklahoma

Mar
16

Southern Alberta
Jubilee Auditorium,
Calgary Alberta

Mar
16

Toronto Sign,
Toronto Ontario

Mar
16

St. Louis Science
Center,
St. Louis Missouri

Sunday, March 17, 2024

Mar
17

Science World,
Vancouver British
Columbia

Mar
17

Reconciliation Bridge,
Calgary Alberta

Mar
17

Moose Jaw City Hall,
Moose Jaw,
Saskatchewan

Mar
17

BC Place,
Vancouver British
Columbia

IMPORTANT DATES

Sunday, March 17, 2024 - Continued

Mar
17

Vancouver City Hall,
Vancouver British
Columbia

Mar
17

Burrard Street Bridge,
Vancouver British
Columbia

Monday, March 18, 2024

Mar
18

Baltimore City Hall Dome,
Baltimore Maryland

Mar
18

Peace Bridge,
Canada/United States

Mar
18

High Level Bridge,
Edmonton Alberta

Mar
18

Moncton City Hall,
Moncton New Brunswick

Mar
18

Moose Jaw City Hall
Moose Jaw,
Saskatchewan

Mar
18

Roberts Center for
Pediatric Care,
Philadelphia Pennsylvania

Mar
18

Ben Franklin Bridge,
Philadelphia Pennsylvania

Saturday, March 23, 2024

Mar
23

City Center Clock Tower,
Brampton Ontario

Mar
23

Brant Street Pier,
Burlington Ontario

Mar
23

Calgary Tower,
Calgary Alberta

Mar
23

The J. Allyn Taylor Building,
London Ontario

Mar
23

RBC Place,
London Ontario

Mar
23

London Life,
London Ontario

IMPORTANT DATES

Saturday, March 23, 2024 - Continued

Mar
23 London City Hall,
London Ontario

Mar
23 London Convention Centre,
London Ontario

Mar
23 Lowry Avenue Bridge
Minneapolis, Minnesota

Mar
23 Clock Tower,
Mississauga Ontario

Mar
23 Dufferin Building,
Toronto Ontario

Mar
23 The Montreal Tower,
Montreal Quebec City

Mar
23 Saskatoon City Hall,
Saskatoon
Saskatchewan

Mar
23 Prairie Wind Sculpture,
Saskatoon
Saskatchewan

Mar
23 The Orbs,
Saskatoon
Saskatchewan



RED = CANADA
BLUE = INTERNATIONAL

*Stay up to date with
the latest landmarks
by scanning the code!*



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