



1) Cut Reggie out and take a picture of you with Reggie at a treatment, doctor's office, or somewhere you enjoy.

2) Message us your picture @TheReggieProject on Instagram, The Reggie Project on Facebook, or email it to KarmatudeCandles@hotmail.com. Include whatever information you feel comfortable sharing because the picture and info will be on social media. Ideas of what you can include: Your name, where you are from, diagnosis, and what change you would like to see with your diagnosis.

Optional: You can also post on your own Instagram with #thereggieproject and tag @TheReggieProject if you would like us to share.

Reggie (from the book, “Not Your Average Slice of Pizza”) has become a symbol of the hope, determination, and courage that comes with a tough diagnosis, especially IBD. We wanted to raise awareness for pediatric IBD patients, adult IBD patients, and any other children/teens/adults facing a challenging diagnosis by sending Reggie around the world. Take a picture with Reggie and show the world you are warriors, why fundraising is so important for change, and why it is important to fight for patient rights when it comes to medications/treatments they need.

Instagram: @TheReggieProject

Facebook: The Reggie Project (group)

1) Download and print out a picture of Reggie at: www.KarmatudeCandles.com. You will see a link in the upper right hand side of the screen that will take you to a pdf printout.

2) For pediatric/adult patients: Cut Reggie out and take a picture of you with Reggie at a treatment, doctor’s office, or somewhere you enjoy.

For those of you who are adults, it might also be fun to share what you do for a living to give the younger generation inspiration.

3) Message us your picture @TheReggieProject on Instagram or Facebook, or email it to KarmatudeCandles@hotmail.com. Include whatever information you feel comfortable sharing because the picture and info will be on social media.

*For pediatric/adult patients: Ideas of what you can include: Your first name, diagnosis (again, only if you are comfortable sharing!), what change you would like to see with your diagnosis, and where you are from since we want to map where all of you are located.

*For supporters some ideas might be: Your first name, your reason for taking a picture with Reggie, what change you would like to see with a particular diagnosis, words of encouragement, how you are making a difference, and where you are from since we want to map where all of you are located.

Optional: You can also post on your own Instagram with #thereggieproject and tag @TheReggieProject so we can share it too!