



**Go Orange**  
FOR MUSCULAR DYSTROPHY  
[go-orange.com.au](http://go-orange.com.au)



**1-8 JUNE 2025**

## 8 Simple Steps to Go Orange for MD at Work

### 1. Sign up for Go Orange for MD

at [go-orange.com.au](http://go-orange.com.au) where you'll also find resources to assist your event planning.

### 2. Set the Date

Decide when you'll have your fundraising event.

### 3. Decide what to do

What's your style in orange? A hint of colour or a full-on orange look? And encourage your team or workplace to get excited about looks too. If you have a mandatory dress code, make sure your outfit is in line with this.

### 4. Spread the word

Send out an email and calendar invite to everyone in your company, put it on the intranet and put up some posters around the office. Set up a fundraising page at [go-orange.com.au](http://go-orange.com.au) to make it easy for people to donate and share the link in your emails, so people have it to hand on the day. Talk about why you want everyone to Go Orange for MD and the difference it makes – if you have a personal connection to us then sharing this can help encourage people to take part.

### 5. Make the event fun

Perhaps you want to have orange cakes at morning tea or dress up the staff room in orange or have a raffle or a quiz about orange?

### 6. Send a reminder

A week before your event remind your colleagues to come along, bring a donation and join in the fun.

### 7. Share your photos

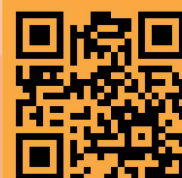
The event photos are such a great memory, so get permission to use photos you take of your colleagues and share on your socials. Fb #MDTas & Insta #MDTasmania

### 8. Pay in your donations

Go to [go-orange.com.au](http://go-orange.com.au) to donate



**Get Started →**



Go Orange for MD is an initiative of Muscular Dystrophy Tasmania (MDT)  
Contact the MDT State Coordinator for more information  
P. 0417 372 233 or E. [coordinator@muscular dystrophytasmania.com.au](mailto:coordinator@muscular dystrophytasmania.com.au)

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