



## Colorado Step Up For Sleep Recap

**October 4, 2024** - The second Wake Up Narcolepsy (WUN) local Step Up For Sleep event took place in Golden, Colorado, on September 28th, 2024!

Over 55 people attended, raising more than \$9,700 for Narcolepsy awareness, education and research! The day started out with a meet and greet along with breakfast. Next, there was a 1.5 mile walk along the river in Lions Park. There were educational signs about Narcolepsy along the trail.

After the walk, personal experiences with Narcolepsy were shared by members of the volunteer committee. There were also door prizes and raffles, including gift cards to local businesses.

The day was full of community building and connection forming. Many people expressed it was their first time meeting someone else living with the condition.

Sponsors included Diamond Champion Sponsor Jazz Pharmaceuticals, Program Sponsor Takeda Pharmaceuticals, Gold Event Sponsor Avadel Pharmaceuticals, Silver Event Sponsors Bonnie Brae, The Thin Man Tavern and St Marks Coffeehouse, and Bronze Event Sponsors D&G Support Services, Sexy Pizza, Santiago's and Safeway.

WUN has more locations for Step Up For Sleep events in the works for 2025. To learn more about community events, visit [wakeupnarcolepsy.org/get-involved](https://wakeupnarcolepsy.org/get-involved)