



# Fragile X International

10 October 2023

## PRESS RELEASE

### International Fragile X Awareness Day 2023

### Together Making A Difference

#### October 10th (X.X.) is International Fragile X Awareness Day!

You can read the history of our celebrations here: <https://www.fraxi.org/default.asp?s=awarenessday>. We celebrate on X.X. in honour of the X chromosome, after which Fragile X Syndrome is named.

Our slogan this year is ***Together Making A Difference***. Together, all of our countries and family associations come together to make a difference. We raise awareness across borders about **Fragile X Syndrome (FXS)** and **Fragile X Premutation Associated Conditions (FXPAC)**. We are unified in our desire to promote inclusion and equality for all those living with FXS and FXPAC, fighting discrimination, stigmatisation and ostracisation. Celebrations, activities, conferences and webinars are organised in many of our countries for X.X. Below is a list of many of these events. Together, we are making a difference!

**Italy Associazione Italiana Sindrome X Fragile:** more than 30 lit up monuments, October 10th; interviews on local television stations, October 3rd; talking about Fragile X Syndrome, September 23rd; a webinar to reward the best inclusive school practices, October 10th

<https://www.xfragile.net/>

**Switzerland Fraxas:** Research on Fragile X Syndrome. Open day at Professor Bagni Laboratory. Lausanne October 7th

<https://fraxas.ch/accueil/>

**India Fragile X Society:** stall at IIT Roorke's Annual Festival. 13th-15th October

<https://www.fragilex.in/>

**Catalonia Associació Catalana Sindrome X Fràgil:** Fundraising show, Barcelona October 22nd

<https://www.xfragil.cat/>

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**Germany Frax Interessengemeinschaft Fragiles -X e.V.:** Congress for families, Oberlahr from September 29th to October 1st

<https://www.frax.de/>

**Spain Federación española del Síndrome X-Frágil:** Press Release and letter to the Spanish MEPs in the European Parliament, October 10th; Informative table in Valencia, City Council, October 5th; Painting and music workshop, Calahorra, La Rioja, October 7th

<https://xfragil.org/>

**Poland Fundacja Rodzina Fra X:** The story of FraXI the Dwarf on social medias

<https://www.rodzinafrax.pl/>

**France Fragile X:** Launch of the new graphic identity. New logo, new website and a Fragile X France mascote joining

<https://www.xfra.org/>

**Denmark Landsforeningen for Fragilt X Syndrom i Danmark:** National FX family Weekend, Middelfart, September 29th-October 1st

<https://fragiltx.dk/>

**Netherlands Fragiele X Vereniging:** Picnic with FX families, September 17th; "Contact" day for parents and relatives in Baarn, November 4th

<https://www.fragielex.nl/>

**Portugal Associação Portuguesa da Síndrome do X-Frágil:** Workshop about intellectual disability and family meeting, Ramo Grande Auditorium Foyer, Terceira Island, Azores, October 14th

<https://www.apsxf.org/>

Please see [www.fraxi.org](http://www.fraxi.org) for more information on our vision, mission and work.  
Together we can make a difference!

Reach us!

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