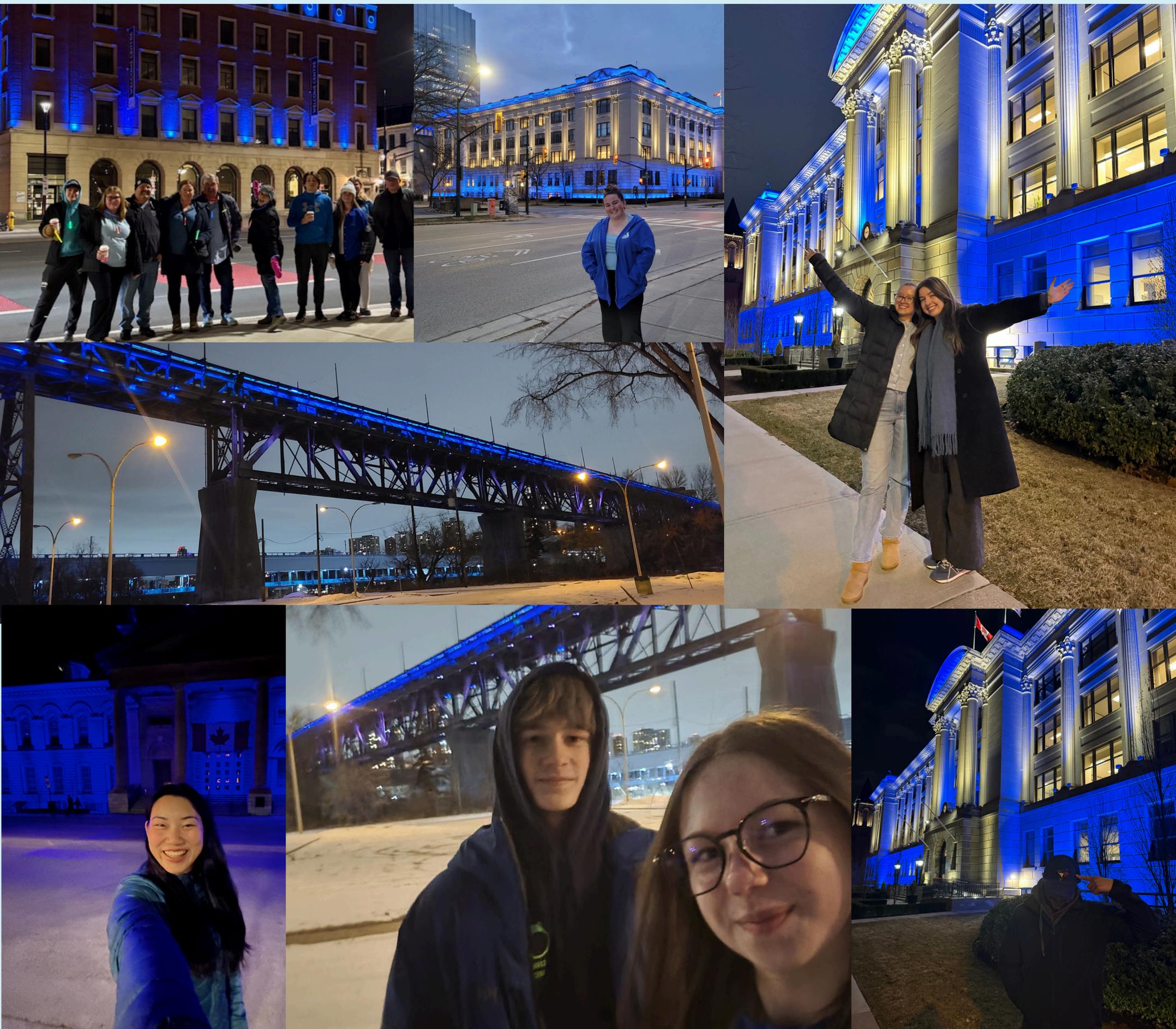


WORLD YOUNG RHEUMATIC DISEASES DAY (WORD DAY)

LIGHT IT BLUE 2026



**SPREAD THE WORD THAT
CHILDREN AND YOUNG PEOPLE
GET RHEUMATIC DISEASES TOO**

WHAT IS WORD DAY?



World yOung Rheumatic Diseases Day is an annual event that takes place on the 18th of March.

The ultimate aim of WORD Day is to raise the awareness and knowledge level of parents, doctors, primary practitioners, teachers, and the general public to help first and foremost in early diagnoses, and a quick referral to specialised paediatric rheumatologists. We hope that awareness will have a ripple effect on all levels of practitioners who come in contact with these children, improving the level of treatment they receive and their prognosis worldwide.



IMPORTANT DATES 2026

Friday, March 13: Canada

Mar
13 Calgary Tower
Calgary, Alberta

Mar
13 Clock Tower
Brampton, Ontario

Saturday, March 14: Canada

Mar
14 Letters Illumination,
Ottawa, Ontario

Mar
14 RBC Place,
London, Ontario

Mar
14 Shaw Centre,
Ottawa, Ontario

Mar
14 JA Building,
London, Ontario

Mar
14 CN Tower,
Toronto, Ontario

Mar
14 Market Square,
Guelph, Ontario

Mar
14 3D Toronto Sign,
Toronto, Ontario

Mar
14 Peace Bridge,
Ontario/ New York

Mar
14 Civic Centre Clock Tower,
Mississauga, Ontario

Mar
14 Lethbridge City Hall
Lethbridge, Alberta

Mar
14 London City Hall,
London, Ontario

Mar
14 Reconciliation Bridge,
Calgary, Alberta



IMPORTANT DATES 2026

Saturday, March 14: Canada

**Mar
14** BC Parliment,
Victoria, British Columbio

**Mar
14** The Maritime Museum
Halifax, Nova Scotia

**Mar
14** Science World BC,
Vancouver, British
Columbia

**Mar
14** Nova Scotia Works
Amherst, Nova Scotia

**Mar
14** Sails of Light,
Vancouver, British
Columbia

**Mar
14** Pictou Municipal Office,
Pictou, Nova Scotia

**Mar
14** Civic Plaza,
Surrey, British Columbia

**Mar
14** Saskatoon City Hall
Saskatoon,
Saskatchewan

**Mar
14** Fitzsimmons Bridge,
Whistler, British Columbia

**Mar
14** Prairie Winds Monument
Boiestown, New
Brunswick

**Mar
14** Halifax City Hall,
Halifax, Nova Scotia

**Mar
14** Lafarge Lake Fountain &
LED Light Columns,
Coquitlam, BC

**Mar
14** City Hall Downing Street,
Moncton, New Brunswick

**Mar
14** Avenir Centre,
Moncton, New Brunswick



IMPORTANT DATES 2026

Saturday, March 14 US & International

**Mar
14** Centennial Wheel at Navy
Pier,
Chicago, Illinois

**Mar
14** UCB Headquarters,
Brussels, Belgium

**Mar
14** Bank of America,
Dallas, Texas

**Mar
14** County Buildings,
Tralee, Ireland

**Mar
14** Virginia Aquarium,
Virginia Beach, Virginia

**Mar
14** Princess Quay,
Tralee, Ireland

**Mar
14** Cardiff Castle,
Cardiff, Wales

**Mar
14** Killarney Town Hall,
Killarney, Ireland

**Mar
14** Wiener Riesenrad,
Vienna, Austria

**Mar
14** Killorglin Area Services
Centre,
Killorglin, Ireland

**Mar
14** Danube Tower,
Vienna, Austria

**Mar
14** Enniskillen Castle,
Enniskillen, Northern
Ireland

**Mar
14** Edinburgh International
Conference Centre,
Edinburgh, Scotland

**Mar
14** Strule Arts Centre,
Enniskillen, Northern
Ireland

**Mar
14** Camera Obscura & World
of Illusions,
Edinburgh, Scotland

**Mar
14** Tower 42 Estate,
London, UK



IMPORTANT DATES 2026

Saturday, March 14 International

**Mar
14** Melbourne Town Hall,
Melbourne, Australia

**Mar
14** Parliament of WA,
West Perth, Australia

**Mar
14** Te Puna o Waiwhetū,
Christchurch, New
Zealand

**Mar
14** National Museum of the
Philippines,
Manila, Philippines

**Mar
14** Botanic Garden,
Christchurch, New
Zealand

**Mar
14** Milano Convention
Centre,
Milan, Italy 

Sunday, March 15 International

**Mar
15** UCB Headquarters,
Brussels, Belgium

Tuesday, March 17 Canada

**Mar
17** Legislative Assembly
Dome,
Yellowknife, Northwest
Territories

Wednesday, March 18 Canada

**Mar
18** Regional Municipality's
City Hall,
Cape Breton, Nova Scotia



IMPORTANT DATES 2026

Friday, March 20 US

Mar
20

Union Street Railroad
Bridge,
Salem, Oregon

Mar
20

Martin Luther King Jr
Memorial Bridge,
Fort Wayne, Indiana

Saturday, March 21 US

Mar
21

Union Street Railroad
Bridge,
Salem, Oregon



London, Canada

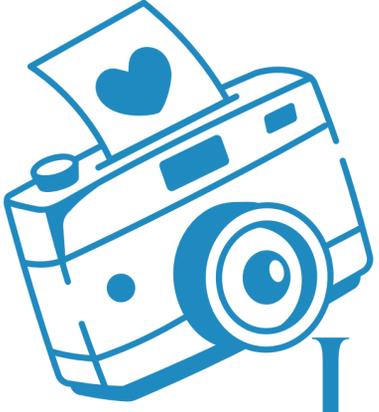


Melbourne, Australia



Lethbridge, Canada





LIGHT IT BLUE 2026

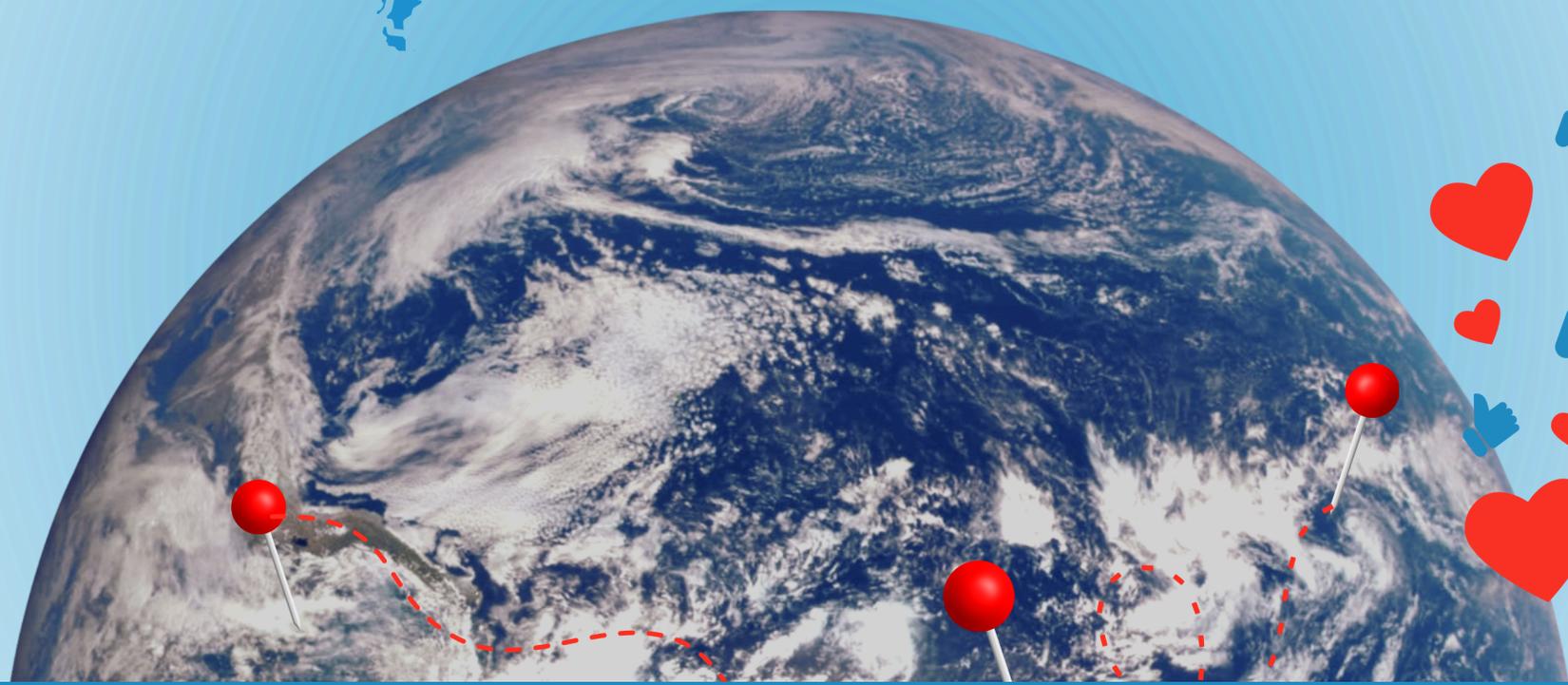
MARCH 13TH LANDMARKS
CANADA EDITION



Calgary Tower, Calgary



City of Brampton Clock
Tower, Brampton



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MARCH 14TH LANDMARKS

CANADIAN EDITION PT. 1



CN Tower, Toronto



Market Square, Guelph



Mississauga Clock Tower, Mississauga



Lethbridge City Hall, Lethbridge



Shaw Centre, Ottawa



RBC Place, London



City Hall, London



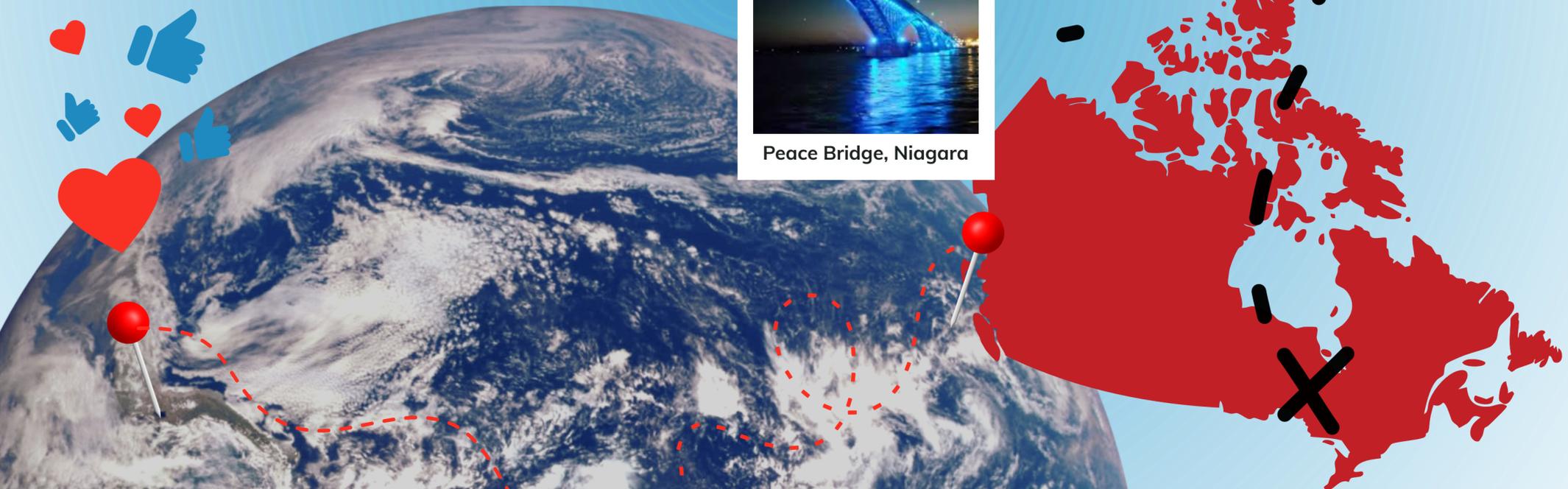
Ottawa Letters, Ottawa



JA Building, London



Peace Bridge, Niagara



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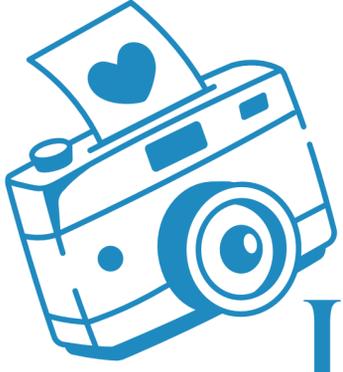
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LIGHT IT BLUE 2026

MARCH 14TH LANDMARKS

CANADIAN EDITION PT. 2



Reconciliation Bridge, Calgary



Sails of Light, Vancouver



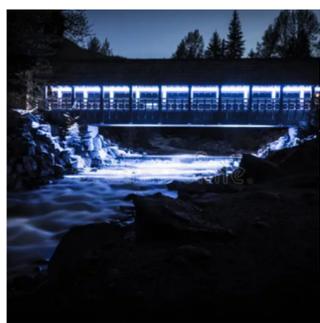
BC Parliament, Victoria



Science World, Vancouver



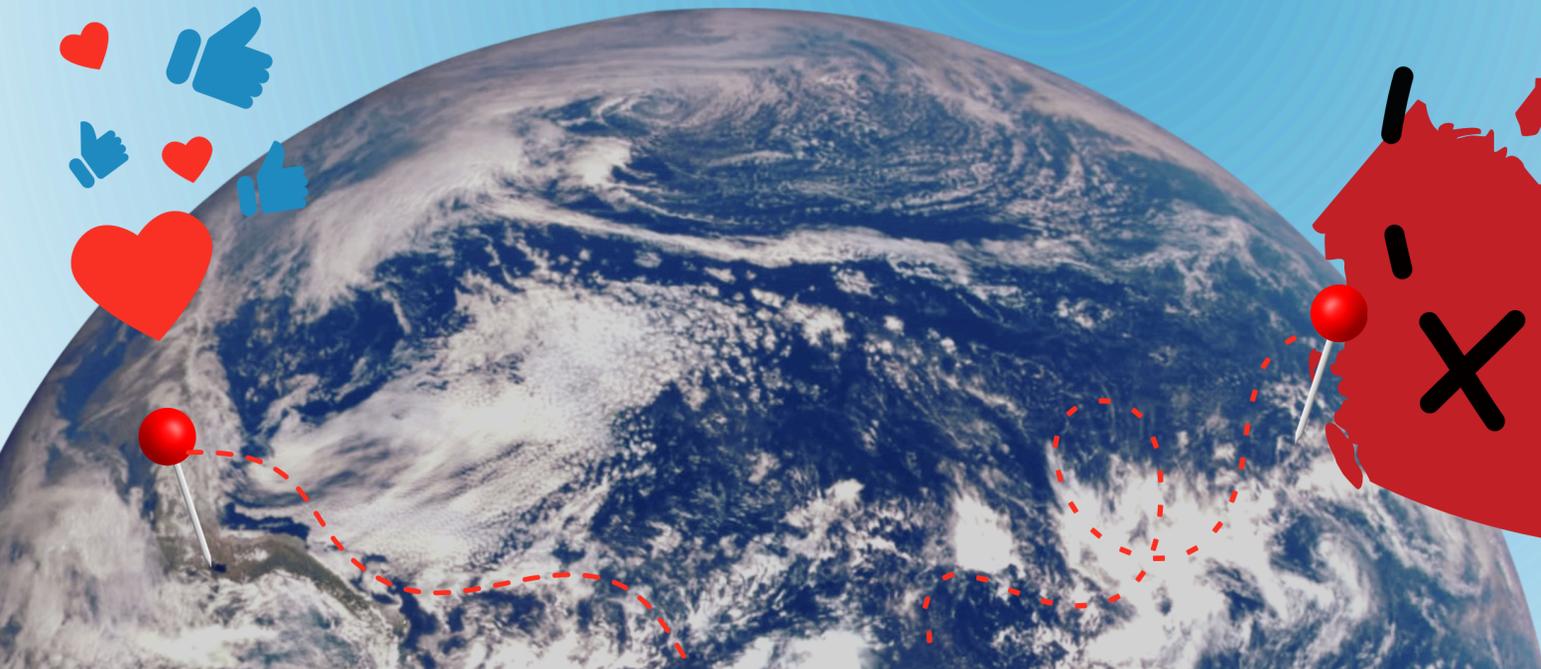
Civic Plaza, Surrey



Fitzsimmons Bridge, Whistler



Coquitlam's LED Light Columns and Lafarge Lake Fountain, British Columbia



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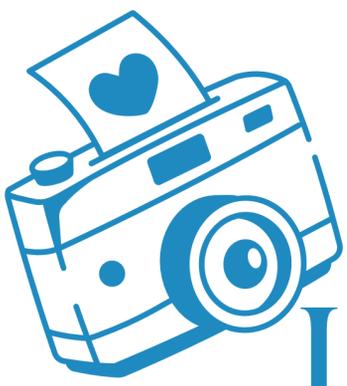
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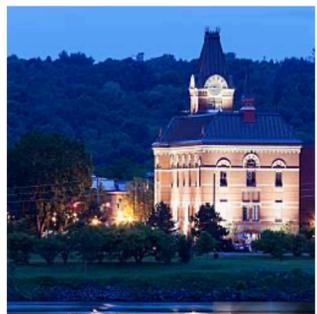
LIGHT IT BLUE 2026

MARCH 14TH LANDMARKS

CANADIAN EDITION PT. 3



Woodmens Museum, New Brunswick



City Hall, Downing Street, New Brunswick



Pictou Municipal Office, Nova Scotia



Avenir Centre, New Brunswick



Nova Scotia Works | CANSA, Nova Scotia



Halifax City Hall, Nova Scotia



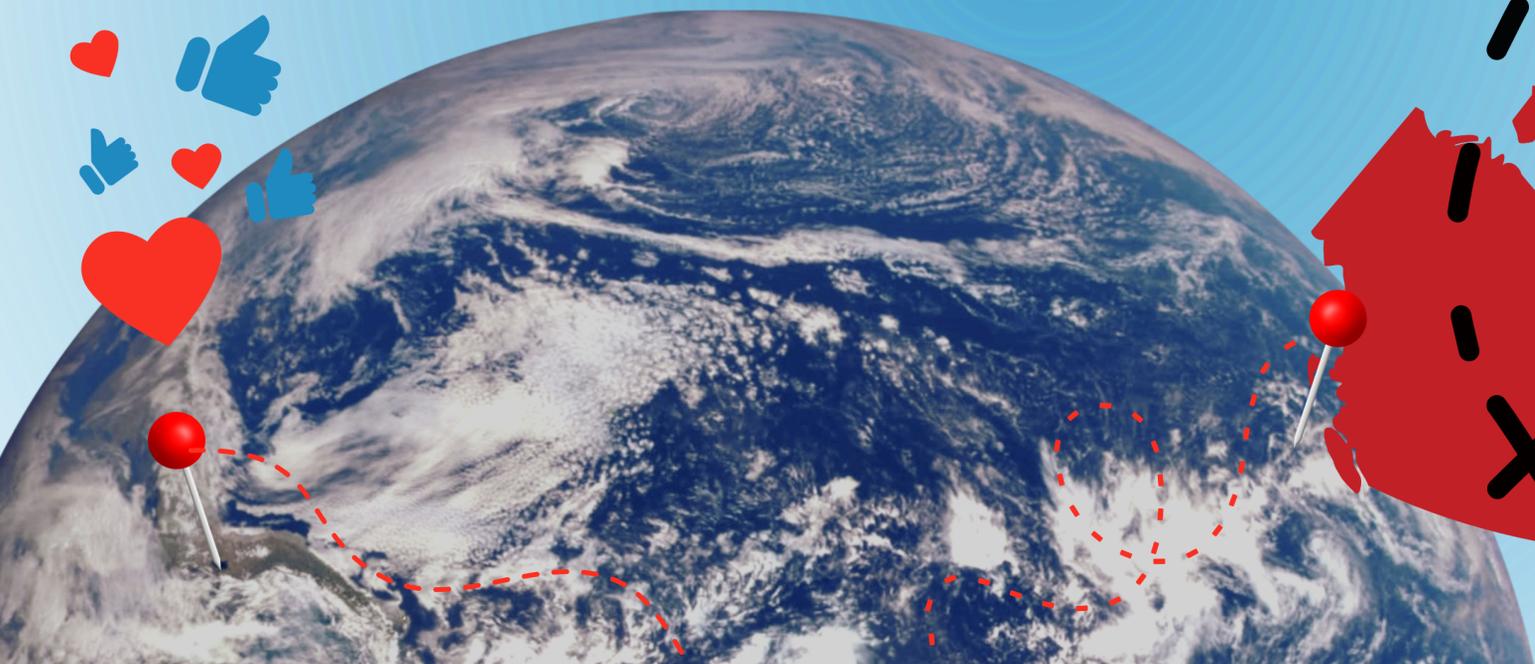
Saskatoon City Hall, Saskatchewan



Prairie Winds Monument, Saskatchewan



The Maritime Museum of the Atlantic, Nova Scotia



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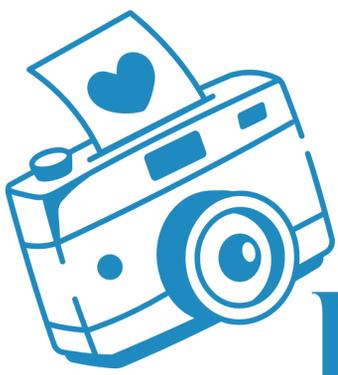
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LIGHT IT BLUE 2026

MARCH 14TH LANDMARKS INTERNATIONAL EDITION PT. 1



County Buildings, Ireland



Princes Quay, Ireland



Ashe Memorial Hall, Ireland



UCB Headquarters, Belgium



National Museum of the Philippines, Philippines



Killarney Town Hall, Ireland



Killorgin Area Services Centre, Ireland



Melbourne Town Hall, Australia



Parliament of Western Australia, Australia



Enniskillen Castle, Ireland



Strule Arts Centre, Ireland





LIGHT IT BLUE 2026

MARCH 14TH LANDMARKS INTERNATIONAL EDITION PT. 2



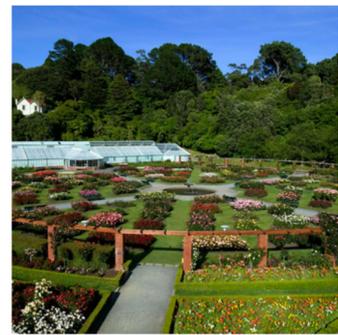
Bank of America Plaza, Texas



Centennial Wheel at Navy Pier, Chicago



Christchurch Art Gallery Te Puna o Waiwhetū, New Zealand



Botanic Gardens, New Zealand



New Brighton Pier, New Zealand



Scotti Plaza, New Zealand



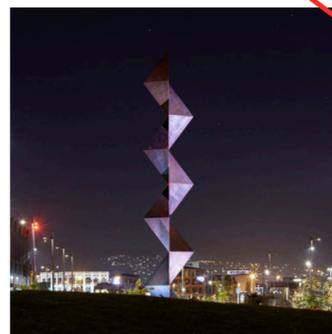
Bridge of Remembrance, New Zealand



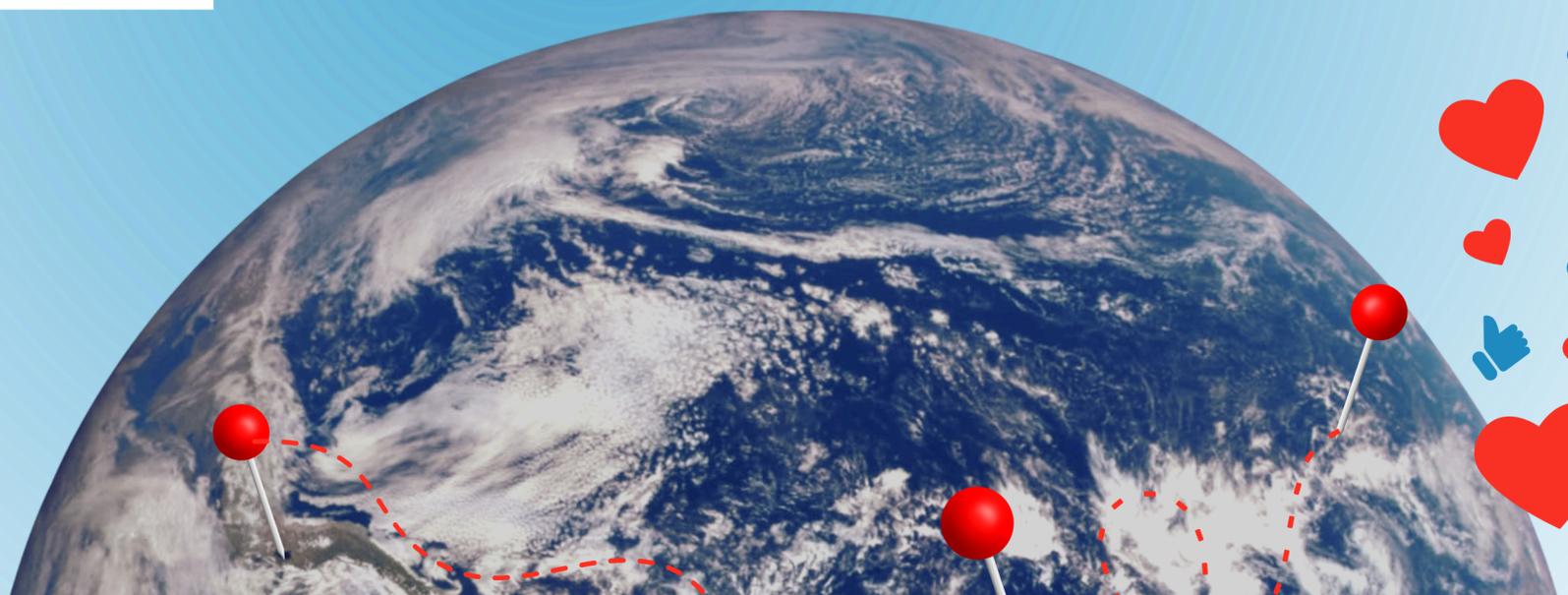
Virginia Aquarium, Virginia

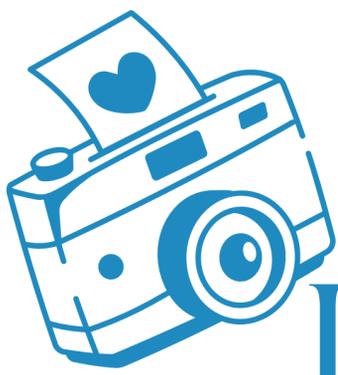


Fanfare, New Zealand



Vaka A hine, New Zealand





LIGHT IT BLUE 2026

MARCH 14TH LANDMARKS INTERNATIONAL EDITION PT. 3



Edinburgh International Conference Centre, Scotland



Camera Obscura & World of Illusions, Scotland



Cardiff Castle, Wales



Milano Convention Centre, Milan



Tower 42 Estate, United Kingdom

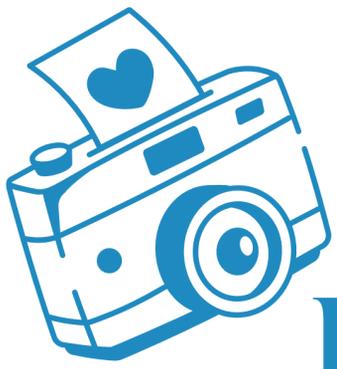


Danube Tower, Austria



Wiener Riesenrad, Austria





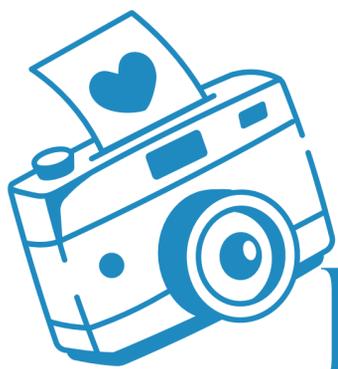
LIGHT IT BLUE 2026

MARCH 15TH LANDMARKS
INTERNATIONAL EDITION



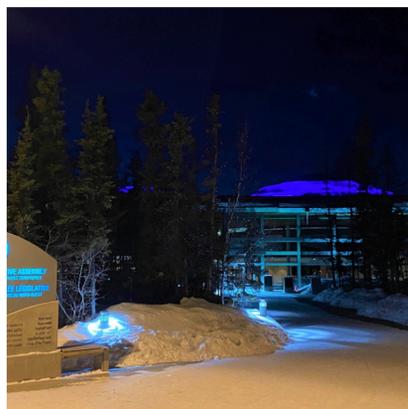
UCB Headquarters,
Belgium





LIGHT IT BLUE 2026

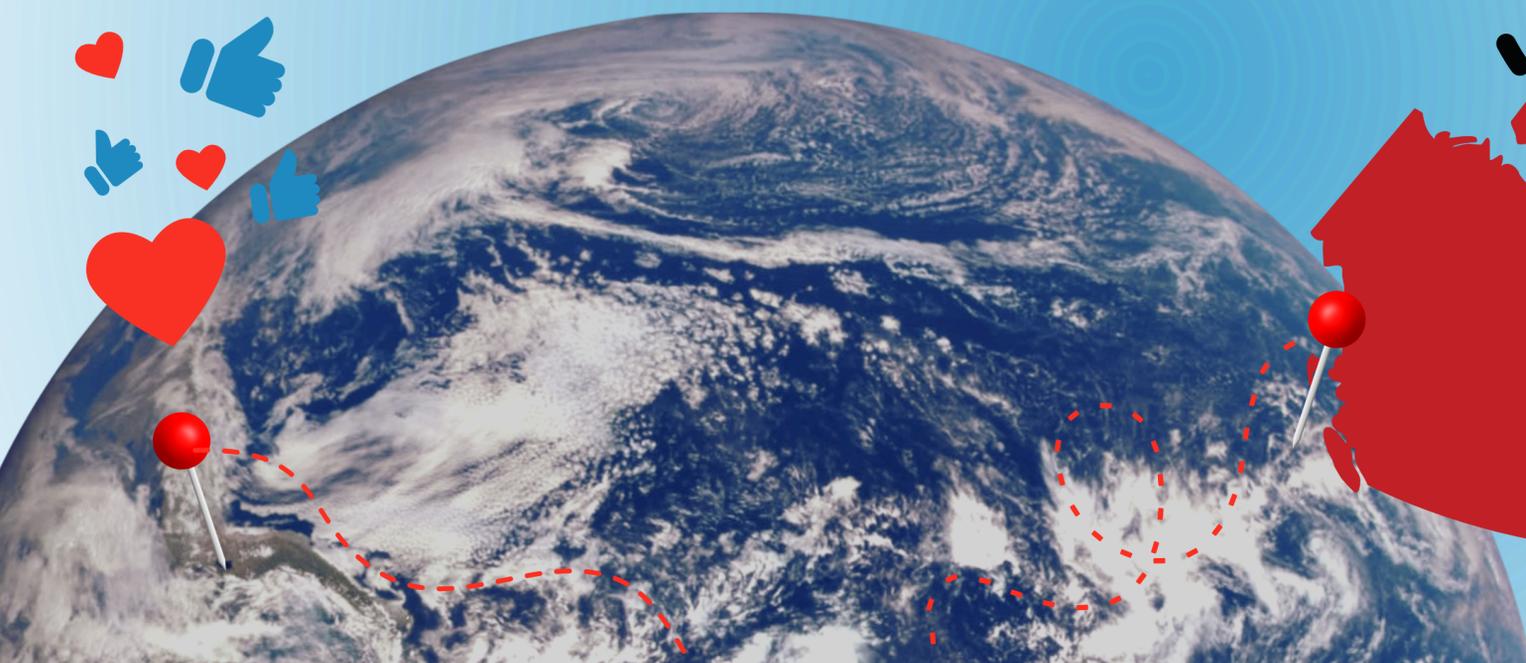
MARCH 17 AND 18TH LANDMARKS
CANADA EDITION

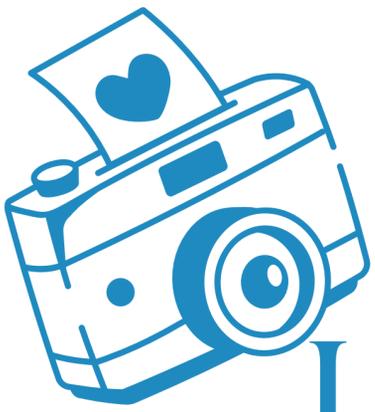


Northwest Territories
Legislative Assembly
Dome, Yellowknife



Cape Breton Regional
Municipality's City
Hall, Nova Scotia





LIGHT IT BLUE 2026

MARCH 20TH - 21ST LANDMARKS
US EDITION



Union Street Railroad
Bridge, Oregon



Martin Luther King Jr
Memorial Bridge,
Indiana



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MARCH 2026

#LIGHTITBLUE

1.

Dress up in blue and make your way to the landmark on the respected dates in March after sunset.

2.

Take photos and videos, including selfies and tiktoks with the 'Blue' landmark.

3.

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

**#LightItBlue #TakeaPainCheck #TAPCLightItBlue
#LightItBlue4WORDDay #TAPCWORDDay**

Email your photos to events@takeapaincheck.com

4.

Complete the Light It Blue BINGO card for a chance to win prizes. The more you complete, the more points you get!



LIGHT IT BLUE BINGO

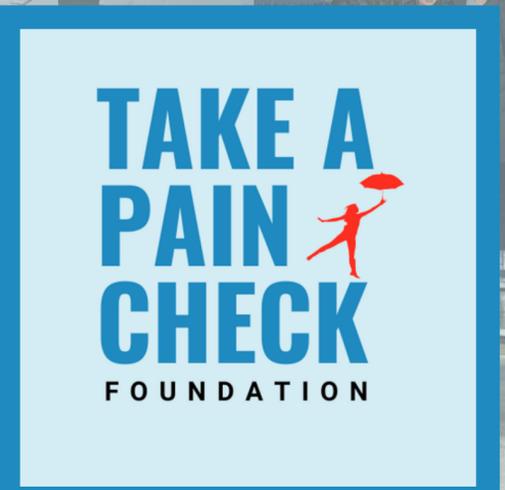


Take a selfie
at the
landmark

Film a
tiktok at a
landmark

Take a photo
with a
community
member

Share why this
cause matters
to you



Wear Blue
Clothing

Bring along
friends or
family

Share photos
on socials
and tag us

DIY a sign
to bring

 Email your completed
bingo card and photos to
events@takeapaincheck.com