

_____, are you all in for
Alpha-1?

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Alpha-1 Awareness Month!	1 Virtual Walk Kickoff via Zoom 7 PM EST.	2 Personalize your fundraising page	3 Change Facebook profile pic to Alpha-1 Awareness	4 Tell someone what Alpha-1 is	5 Share a pic of your walking shoes	6
7	8 Send out 10 fundraising emails	9 Share an Alpha-1 Facebook post #A1FVW21	10 What does Alpha-1 Virtual Walk mean to you?	11 Share a picture in your purple tee	12 Post why you are walking for Alpha-1	13
14	15 Share an Alpha-1 Fast Fact	16 Remember an Alpha Angel	17 Take a selfie walking your pet #A1FVW21	18 Ask for \$25 from friends and family	19 Share your progress and goal on social media	20
21	22 Celebrate our Sponsors Day	23 Text 5 friends your fundraising link	24 Walk for half an hour for Alpha-1	25 Share why you are thankful	26 Alpha-1 Friday Walk off the turkey and share a pic	27
28	29 Send out your final push for fundraising	30 Don't forget to thank your donors and supporters!		Dec 2 Closing Day Awards Ceremony *Thank your donors		

Make a difference this month by setting personal goals, spreading awareness, and raising funds to help find the cure for Alpha-1! Tag us on social media #A1FVW21

The Virtual Walk is all about setting and achieving your personal goals! We are challenging participants to walk as many miles as they can during November. Make sure to download and join the Alpha-1 Virtual Walk Club on Strava: <https://www.strava.com/clubs/A1FVW21>

Virtual Walk Page: <http://give.alpha1.org/VirtualWalk21>

My November Goal: _____

Total Miles Completed: _____

Alpha-1 Antitrypsin Deficiency (Alpha-1) is a genetic (inherited) condition – it is passed from parents to their children through their genes. Alpha-1 may result in serious lung disease in adults and/or liver disease at any age.

For more information on Alpha-1 please visit www.alpha1.org For any questions please contact: Irene Guerrero at iguerrero@alpha1.org