

LET'S CURE IT. TOGETHER!



November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Alpha-1 Awareness Month!	1. Register for the Virtual Walk 2. Personalize your page!	1 Join the Virtual Walk Kickoff via Zoom 7 PM EST.	2 Change Facebook profile pic to Alpha-1 Awareness	3 Tell someone what Alpha-1 is	4 Share a pic of your walking shoes	
	7 Send out 10 fundraising emails	8 Share an Alpha-1 Facebook post #A1FVW22	9 What does Alpha-1 Virtual Walk mean to you?	10 Share a picture in your purple tee	11 Post why you are walking for Alpha-1	
	14 Share an Alpha-1 Fast Fact	15 Remember an Alpha Angel	16 Take a selfie walking your pet #A1FVW22	17 Ask for \$25 from friends and family	18 Share your progress and goal on social media	
	21 Celebrate our Sponsors Day	22 Text 5 friends your fundraising link	23 Walk for half an hour for Alpha-1	24 Share why you are thankful	25 Alpha-1 Friday Walk off the turkey and share a pic	
	28 Send out your final push for fundraising	29 Don't forget to thank your donors and supporters!	30 Dec Closing Day Awards Ceremony			

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 #A1FVW22

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/A1FVW22>

Virtual Walk Page: <http://give.alpha1.org/VirtualWalk22>

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 Calderon at icalderon@alpha1.org