



NATIONAL WALK DAY AGENDA

National Walk Day September 24, 2022



CHECK OUT THE PFF WALK EMAIL SERIES KICKING OFF AT 10 A.M.CT

Hear inspiring messages from fellow walkers and surprise guests as you get ready to walk!



LACE-UP YOUR SHOES AND WALK IN YOUR NEIGHBORHOOD

Gather your team and walk in your neighborhood. You can walk any distance of your choice or mimic one of the PFF Walk course options of 1-mile or a traditional 5K.



LISTEN TO THE PFF WALK PLAYLIST

Listen to the PFF Walk Spotify playlist curated by fellow walkers. Submit your favorite pump up song by email to pffwalk@pulmonaryfibrosis.org.



CONNECT WITH US ON SOCIAL MEDIA

Follow us on Facebook and Instagram (@PFForg) and watch for posts, updates, and progress reports throughout the day!



SHARE YOUR PHOTOS AND VIDEOS WITH US

Submit photos or videos of your team pffwalk@pulmonaryfibrosis.org for a chance to be featured on social media!

QUESTIONS?

Connect with a member of our team at pffwalk@pulmonaryfibrosis.org or **855.925.5733**.