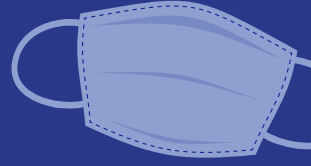


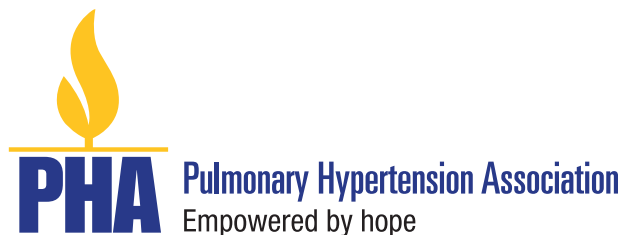
Help Others Discover PH During **PH Awareness Month** and **CTEPH Awareness Day**



Educate others. Reveal the PHacts.

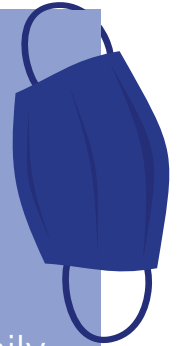
Join us at the Pulmonary Hypertension Association in November to educate others and raise awareness.

Share the PHacts. Share your story.



Visit PHAssociation.org/AwarenessMonth and [/CTEPHDay](http://PHAssociation.org/CTEPHDay) to access these resources:

- PH Awareness Month calendar reveals new facts daily and resources to download and share.
- Customizable news release to send to your newspaper.
- Ways to educate elected officials.
- Shareable social media posts and profile pictures.
- Tools to create virtual fundraisers.
- Facebook Live event Nov. 11 for CTEPH Day.
- Weekly Facebook Live events on risk factors, symptoms and life with PH.



Our mission is to extend and improve the lives of those affected by pulmonary hypertension.

301-565-3004 • Support Line: 800-748-7274 • PHAssociation.org



Take Action to Improve Lives

Take action during Pulmonary Hypertension Awareness Month.

Call or write your members of Congress Nov. 10. Help improve the lives of those living with PH on the National PH Day of Action.

Use PHA's Action Center resources to contact your lawmakers about legislation that affects PH.

Visit PHAssociation.org/Advocate.

Stay involved throughout the year. Join PHA's grassroots advocacy network. Contact Advocacy@PHAssociation.org or 301-565-3004 x749.



Your Donations Provide Hope

Donations to PHA support services, education programs and research initiatives that give hope to those affected by PH. How you can help:

- Make a one-time gift at PHAssociation.org/Donate or mail a check to PHA.
- Join PHA's monthly giving society, the Sustainer's Circle, by visiting PHAssociation.org/Sustainers-Circle.
- Start an online fundraiser for PH Awareness Month at PHAevents.org/AwarenessMonth. Set a goal and ask friends, family and coworkers to donate to PHA through your page. Share your page on social media.
- Join the global day Giving Tuesday, Dec. 1.



Provide Support as a Volunteer

PHA's peer support network brings together thousands of people with PH and their loved ones. Our network relies on volunteers who spend a few hours each month answering PHA's toll-free number, responding to emails and hosting support group meetings.

Trained and supported by PHA staff, you can inspire hope by sharing your story, providing information from PHA and being available to support others.

Help spread the word: Although a PH diagnosis may feel isolating, you are not alone. Contact Support@PHAssociation.org or 301-565-3004 ext. 777.

Apply to become a PHA peer support volunteer online at PHAssociation.org/volunteer.

Share at Facebook.com/PulmonaryHypertensionAssociation and on   @PHAssociation

#DiscoverPH #PHAwarenessMonth #CTEPHDay