

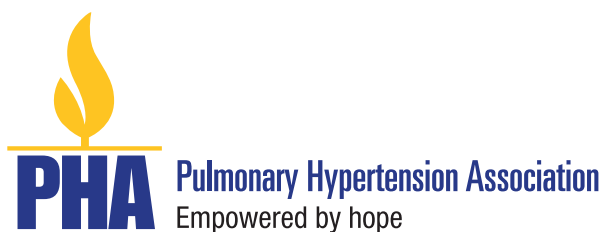


Spark Awareness of Pulmonary Hypertension During

# PH Awareness Month and CTEPH Awareness Day

## Get daily downloads on PHAssociation.org

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



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

- Change sentence to read: A PH Awareness Month calendar that reveals daily resources to share.
- Customizable news release to send to your local newspaper.
- Shareable social media posts and profile pictures.
- Tools to create virtual fundraisers.
- A webinar and new brochure on left heart disease.

**Join us as our 30th anniversary year comes to a close!**

**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](https://PHAssociation.org)



## Take Action to Improve Lives

Take action during Pulmonary Hypertension Awareness Month.

Call or write your members of Congress. Help improve the lives of those living with PH beginning on the Day of Action Nov. 1.

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

Visit [PHAssociation.org/Advocate](http://PHAssociation.org/Advocate).

Stay involved throughout the year. Join PHA's grassroots advocacy network. Contact [Advocacy@PHAssociation.org](mailto: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](http://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](http://PHAssociation.org/Sustainers-Circle).
- Start an online fundraiser for PH Awareness Month at [PHAevents.org/AwarenessMonth](http://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, Nov. 30.



## 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](mailto:Support@PHAssociation.org) or 301-565-3004 ext. 777.

Apply to become a PHA peer support volunteer online at [PHAssociation.org/volunteer](http://PHAssociation.org/volunteer).