Join us at the Pulmonary Hypertension Association in November to raise awareness and share your hope.

Share your story of hope.

Visit us at PHAssociation.org/AwarenessMonth and /CTEPHDay to access these resources:

- A customizable press release to send to your local newspaper
- Ways to spread the word with your elected officials
- Shareable social media posts and profile pictures
- Tools to create a virtual fundraiser
- A Facebook Live event for CTEPH Day on Nov. 13
- A blog featuring stories of hope at PHAssociation.org/PHaces
- New CTEPH videos on diagnosis and treatments.
- A Calendar of PH events including PH Day of Action and Giving Tuesday

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

Phone: 301-565-3004 • Support Line: 800-748-7274 • PHAssociation.org
Take action Nov. 7 during Pulmonary Hypertension Awareness Month. Call, write, or visit your members of Congress to improve the lives of those living with PH during National PH Day of Action on Nov. 7. Use PHA’s Action Center resources to contact your senators and representative about legislation that impacts the entire PH community, from protecting charitable assistance to limiting step-therapy.

Visit PHA’s Action Center at PHAssociation.org/Advocate.

Want to stay involved throughout the year? Join PHA’s grassroots advocacy network by contacting Katie at Advocacy@PHAssociation.org or 301-565-3004 x749.

Donations to PHA help fund support services, education programs and research initiatives that give hope to all those affected by PH. Here’s how you can help raise money for PHA:

- 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 your own online fundraiser for PH Awareness Month at PHAevents.org/AwarenessMonth. Set a fundraising goal and raise money by asking friends, family and coworkers to donate to PHA through your page. Your personal page can be shared through email and posts on your social media account pages.
- Join the global day of giving back on Giving Tuesday, Dec. 3.

PHA’s peer support network brings thousands of people living with PH and their loved ones together. Our network relies entirely on volunteers – individuals like you 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 ignite the flame of hope in others by sharing your story, providing information from PHA and being there for someone on this difficult journey.

Join hundreds of fellow patients and caregivers who are spreading 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.

Your Hope Can Improve Lives

Your Donations Provide Hope

Share Your Hope as a Volunteer

Donations to PHA help fund support services, education programs and research initiatives that give hope to all those affected by PH. Here’s how you can help raise money for PHA:

- 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 your own online fundraiser for PH Awareness Month at PHAevents.org/AwarenessMonth. Set a fundraising goal and raise money by asking friends, family and coworkers to donate to PHA through your page. Your personal page can be shared through email and posts on your social media account pages.
- Join the global day of giving back on Giving Tuesday, Dec. 3.

PHA’s peer support network brings thousands of people living with PH and their loved ones together. Our network relies entirely on volunteers – individuals like you 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 ignite the flame of hope in others by sharing your story, providing information from PHA and being there for someone on this difficult journey.

Join hundreds of fellow patients and caregivers who are spreading 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

#PHacesofHope
#PHAwarenessMonth
#CTEPHDay