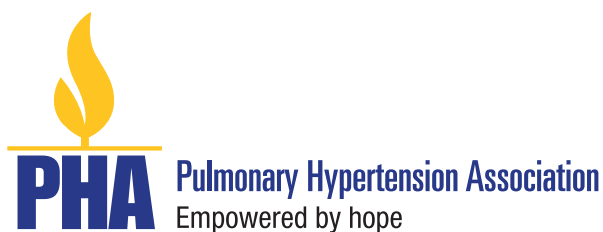




Spread Awareness of Pulmonary Hypertension During **PH Awareness Month and CTEPH Awareness Day**

Get daily downloads on PHAssociation.org

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



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

- A PH Awareness Month calendar that reveals daily resources to share.
- Customizable news 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 virtual fundraisers.
- Resources for patients, caregivers and family members.

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

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



PHacing the Future by Taking Action

Take action during Pulmonary Hypertension Awareness Month's Day of Action, Nov. 17, by spreading awareness about oxygen access.

Make an impact by signing this petition for oxygen access reform: bit.ly/PetitionforOxygenAccess.

Stay involved throughout the year. Continue to use PHA's Action Center resources to contact your lawmakers about legislation that affects PH and join PHA's grassroots advocacy network.

Visit PHAssociation.org/Advocate or contact us at Advocacy@PHAssociation.org or 301-565-3004 x749.



PHacing the Future by Donating

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 PHAssociation.org/get-involved/fundraise. 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 of giving on Giving Tuesday, Nov. 29.



PHacing the Future 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, sharing PHA resources and being available to support others.

Apply to become a PHA peer support volunteer online at PHAssociation.org/volunteer, by emailing Support@PHAssociation.org or calling 301-565-3004 ext. 777.

PHACING THE FUTURE DAY BY DAY

No matter how you celebrate Pulmonary Hypertension Awareness Month, share your plans with us and the rest of the PH community by posting on social media using #PHacingtheFuture.

Share at Facebook.com/PulmonaryHypertensionAssociation and on   @PHAssociation

#PHacingtheFuture #PHAwarenessMonth #CTEPHDay