



# NATIONAL WALK DAY AGENDA

## National Walk Day September 25, 2021



### 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 five minutes, five blocks, or five miles to celebrate the fifth anniversary of the PFF Walk.



### LISTEN TO THE PFF WALK PLAYLIST

Listen to the PFF Walk Spotify playlist curated by fellow walkers. Submit your favorite pump up song at <https://forms.gle/S9zrXhF65ZoEeEy4A>.



### CONNECT WITH US ON SOCIAL MEDIA

Submit photos or videos of your team or walk activity to [pffwalk@pulmonaryfibrosis.org](mailto:pffwalk@pulmonaryfibrosis.org) for a chance to be featured on social media!



### TUNE IN TO THE NATIONAL WALK DAY LIVE-STREAM AT 4 P.M. CT

Join our National Walk Day live-stream on the PFF [Facebook](#) or [YouTube](#) channels to celebrate your tremendous fundraising efforts and connect with fellow walkers across the country!

## QUESTIONS?

Connect with a member of our team at [pffwalk@pulmonaryfibrosis.org](mailto:pffwalk@pulmonaryfibrosis.org) or [855.925.5733](tel:855.925.5733).

Register today at [pffwalk.org](http://pffwalk.org)