



[www.vasculitisfoundation.org](http://www.vasculitisfoundation.org)  
#VFBob



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Support

Awareness

Research

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**I'm VF Bob, and I want you to take me on your journey, as we show the world how the vasculitis community is living big. Whether it's climbing a mountain, dancing at your child's wedding, enjoying a yoga class, or walking along the Great Wall of China, let's empower and inspire one another to achieve victory over vasculitis.**

**Follow along at [VasculitisFoundation.org/VFBob](http://VasculitisFoundation.org/VFBob)**

**Please tag the foundation in your social post.**

**Instagram: @VasculitisFoundation**

**Facebook: <https://www.facebook.com/groups/vasculitisfoundation/>**

### **Instructions:**

- 1. Pull me out of the newsletter.**
- 2. Hold me, while taking a photo of yourself living big - walking, traveling, exploring, enjoying a special moment.**
- 3. Post your photo on Instagram or Facebook using the hashtags #VFBob #VFDream Big.**