

VASCULITIS AWARENESS 2020  
THE RACE IS ON!



BINGO!

| CELEBRATE                      | THE                               | RACE   | IS                               | ON!                   |
|--------------------------------|-----------------------------------|--|----------------------------------|-----------------------|
| Share Your Story               | Reach Out to Another Patient      | Ask Your Research Questions  | Post a Meme                      | Watch a Webinar       |
| Perform an Act of Kindness     | Join the COVID-19 Patient Project | Listen to a Podcast  | Buy a VAM 2020 T-Shirt           | Thank a Nurse         |
| Watch The Mighty Webinar       | Attend the FB V4V Concert         |  | Learn to Journal                 | Share a Life Hack     |
| Choose a Meme for Fun          | Take a Walk Outside               | Thank Your Doctor  | Participate in a Virtual Meeting | Eat a Healthy Snack   |
| Share Something You've Learned | Educate Someone about Vasculitis  | Workout with Brandon   | Practice Mindfulness             | Make a Quick Donation |

Enter to win a free VAM 2020 T-shirt! Fill out the information below and email a copy to [jakullman@vasculitisfoundation.org](mailto:jakullman@vasculitisfoundation.org), or send by snail mail to Vasculitis Foundation, PO Box 28660, Kansas City, MO 64188. You may also fax your entry to 816.656.3838.

Entries must be submitted no later than June 5, 2020.

Name \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_