

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, or send by snail mail to Vasculitis Foundation, PO Box 28660, Kansas City, MO 64188.

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

Name _____ Email _____

Phone _____