

How to Submit an Encouraging Video

Vasculitis Awareness Month 2024

1. Hold your phone vertically (tall) and hit record.
2. Share an encouraging message for someone in the thick of vasculitis (whether they're living with the disease or they're a care partner). For example, you can share how you get through your hardest days or how you've embraced new hobbies and adventures despite vasculitis.
3. Keep it brief! The videos that do best on social media are about 60 seconds.
4. Email your video to our Communications Writer, Ashley: aasti@vasculitisfoundation.org. In the subject line of your email, write: VAM Encouraging Video.