

STEP UP

for PTSD Awareness Virtual Walk

June is PTSD Awareness Month!

Join the National Center for PTSD as we virtually step up to raise awareness for PTSD



Complete **27 minutes** of exercise at any time during the month of June in recognition of PTSD Awareness Day on June 27th

Show your support by following these easy steps:

1. **Register for the walk:** <https://bit.ly/3h8uDCu>
2. **Receive an email** with a printable Step Up for PTSD Awareness Virtual Walk bib
3. **Pin on your bib** and get moving
4. **Take a photo of yourself** doing a physical activity, such as walking, running, biking, rolling, or swimming
5. **Post your photo on social media** and tag the National Center for PTSD



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER



For more information on PTSD, visit www.ptsd.va.gov