



Hello Amazing Captain!

Thank you for being willing to host a virtual meetup for the Take a Breath for Sarcoidosis walk/run. This packet is meant to provide you with ideas and anything you need.

- Set Up your event
  - Ideas and Registration information
  
- Promote your event
  - Facebook event on the Life & Breath Page
  - Send out to your friends and family
  
- Run the event
  - Sign In
  - Selfie Page
  - About Sarcoidosis and Life & Breath Foundation
  - Arrows in case you need them 😊

# Get your event Set Up

We have tried to make your setup simple and easy. Please reach out to [abigail@lifeandbreath.org](mailto:abigail@lifeandbreath.org) with any questions.

1. Register for the Take a Breath Virtual Walk/Run
  - a. During registration, you have the option of creating a team
  - b. Create a team name that you can share with your local community
2. Decide on the details of your meetup
  - a. Day
  - b. Time
  - c. Place

## Place Ideas

- 1-mile walk at a park
  - 5k (3-mile run) on a local track
  - 30 minutes of movement along a local river
3. Confirm that you have permission to meet at the place you decide
  4. Ideas on what you can do at the finish
    - a. A table with snacks
    - b. A meetup at a local restaurant
    - c. A time to tell your story of sarcoidosis
    - d. End at a playground and just visit with your community
  5. Submit your info at <https://www.lifeandbreath.org/host-virtual-run>

# Promote Your Event

Promoting your event and building your team is the most important part of being a captain. Abigail with Life & Breath will send you some graphics you can share online. She can also design custom graphics for you to share, just email her at [abigail@lifeandbreath.org](mailto:abigail@lifeandbreath.org) with any requests.

1. Have Abigail set up a Facebook event and custom graphics for your meetup
2. Share about your meetup with your friends and family
3. Post about your meetup on your social media
  - a. It is up to you if participants have to sign up on our virtual race to be at your meetup. Of course, we would love for as many people as possible to join us, but the main goal is to spread awareness in as many local communities as possible.
4. Have people use your team name when they sign up for the virtual race

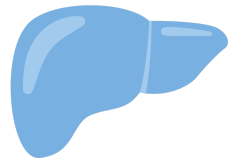
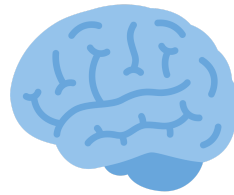
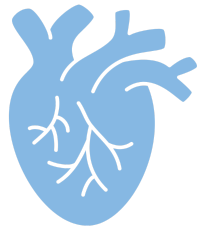
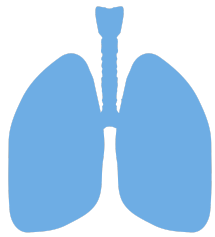
# Run the Meetup

It is finally the day of your meetup. Here are a few pages that might help you run the event.

- Sign In Sheet
  - If people at your event want to keep in touch with Life & Breath, have them sign in here and send me a photo of the page after your event
- Selfie Page
  - This page is designed to allow people to take a selfie and post them on social media to spread awareness
- About Sarcoidosis and Life & Breath page
  - This is here for you to have at your event to share information with people who attend. I would suggest having it out on a table for people to read and learn more about sarcoidosis and Life & Breath
- Arrow for you to put on a course if that is what you decide to do

**Make sure you TAKE PICTURES and share them with Life & Breath and on social media!!**





I am walking to

# Spread Sarcoidosis Awareness

#sarcoidosis

# Learn About Sarcoidosis

One in every 1,000 people worldwide has sarcoidosis.

While sarcoidosis more commonly targets lungs and lymph nodes, this chronic disease can affect various organs, including the brain, eyes, kidneys, liver, nervous system, and skin.

Sarcoidosis affects people of any age, race, gender, or ethnicity. However, it is more common among adults 20 to 40 years old. In the United States, the disease affects African Americans more often and more severely than Caucasians, according to the National Institutes of Health's National Heart, Lung, and Blood Institute. The disease is also more common in people of European — particularly Scandinavian — descent.

There is no known cause for sarcoidosis.

The course of sarcoidosis varies significantly among people. It can be mild, and the symptoms may go away within a few years, even without treatment. But sometimes sarcoidosis slowly worsens over the years and can cause permanent organ damage. The severity of the disease can vary by race and ethnicity.

Many patients will not have long-term effects from sarcoidosis, while 5-10% of all patients will suffer from advanced sarcoidosis. Although there is no cure, there are many ways to treat this disease.

## About the Life & Breath Foundation

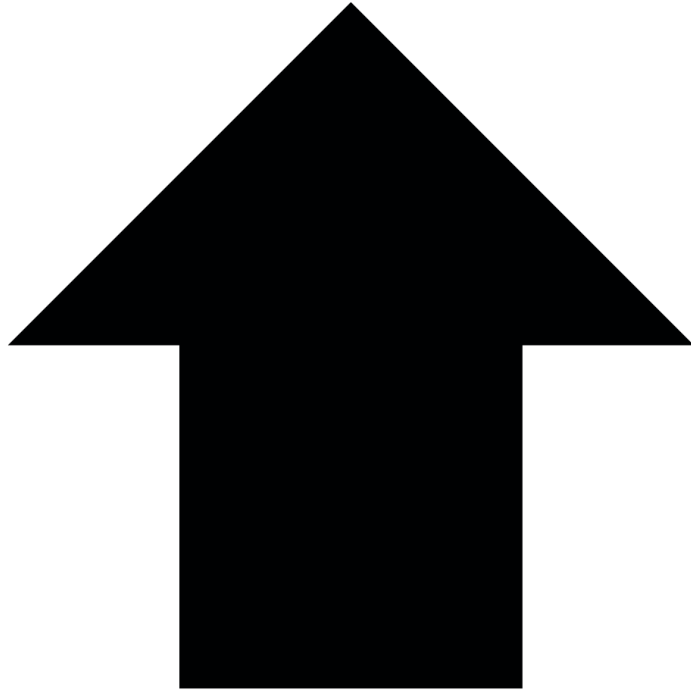
Sean Hull, our founder, unexpectedly lost his mother in 1996. She had been struggling for more than 13 years with Sarcoidosis. She was a strong and courageous woman who never let the pain of Sarcoidosis affect her spirit or touch her soul. The way she lived her life helped create the building blocks for the Life & Breath Foundation. Read Ida Hull's story.

Founded in 1998, the Life & Breath Foundation's mission is to provide the Sarcoidosis community with the vital resources needed to manage their medical care and to offer a supportive environment where they can be empowered. Since its inception, it has raised over \$340,000 for Sarcoidosis awareness and research studies.

We know that support from generous contributors can help deliver hope, knowledge, and someday even a cure.

Our primary goals are:

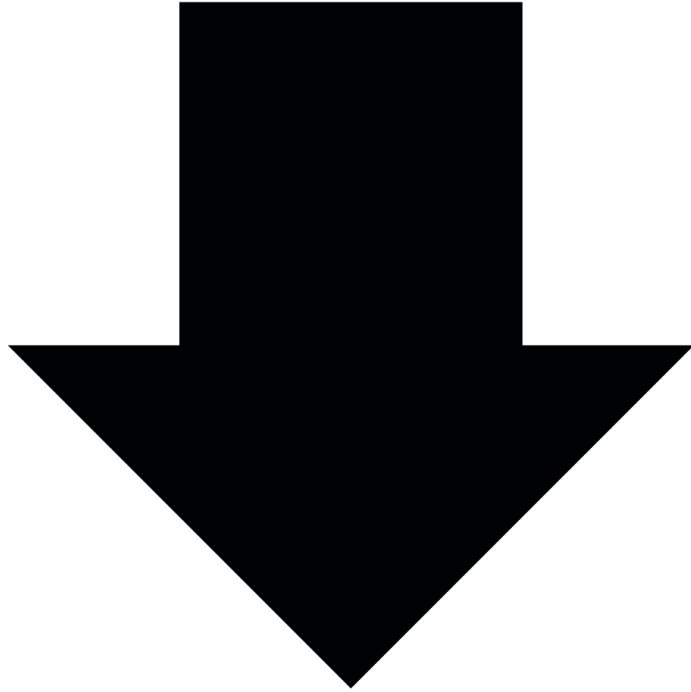
- to offer the sarcoidosis community effective tools to track their journey, decipher medical issues, and maximize their quality of life
- to provide a nurturing environment for those affected by Sarcoidosis to share their experiences and
- to build more awareness within the medical community to help combat this chronic disease.



# **Stay Straight**

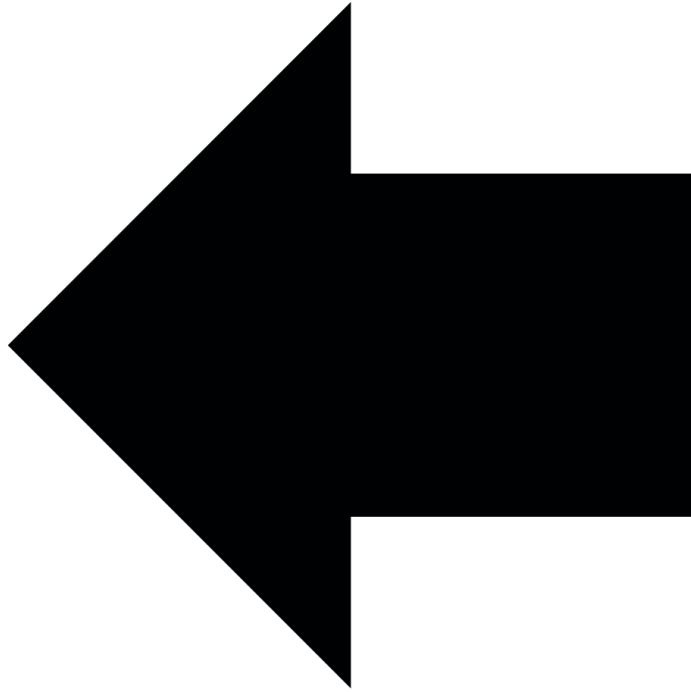
**Take a Breath for Sarcoidosis**





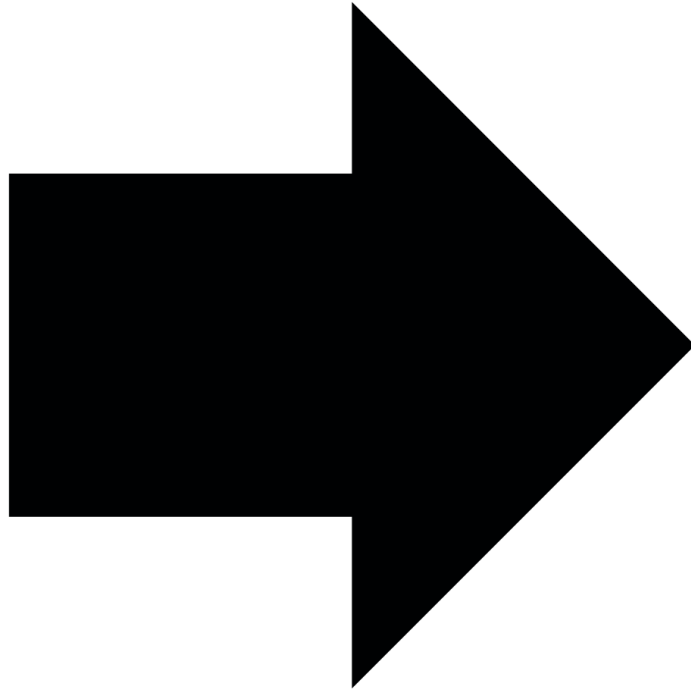
# **Turn Around**

**Take a Breath for Sarcoidosis**



**Go Left**

**Take a Breath for Sarcoidosis**



**Go Right**

**Take a Breath for Sarcoidosis**