





NOVEMBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1  Happy Alpha-1 Awareness Month!
2	3 Join the AIF Virtual Walk Kickoff via Zoom 7:00 PM ET.	4 Share a picture of your customized button on social media.	5 Personalize your AIF Virtual Walk Page	6 Share your AIF Virtual Walk team's page with family and friends.	7 Send out 10 fundraising e-mails.	8 
9 	10 Share a picture in your purple t-shirt. #A1FVW25	11 Remember an Alpha Angel.	12 Share an Alpha-1 Fast Fact on social media. #A1FVW25	13 Post why you are walking for Alpha-1 on social media. #A1FVW25	14 Take a selfie walking in your purple t-shirt with your pet. #A1FVW25	15
16	17 Ask your friends and family to donate \$30.	18 Share your progress and fundraising goal on social media. #A1FVW25	19 Celebrate our sponsors day!	20 Don't forget to thank your supporters!	21 Share another Alpha-1 Fast Fact on social media. #A1FVW25	22 
23 	24 Text 5 friends your fundraising link.	25 Walk as much as you can for Alpha-1!	26 Send out your final push for fundraising.	27 Share why you are thankful on social media. #A1FVW25	28 Walk off all the turkey and share a picture. #A1FVW25	29
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The AIF Virtual Walk is all about setting and achieving your personal goals! We are challenging participants to walk as many miles as possible during November.

Make a difference this month by setting your personal goals, raising awareness, and funds to help find the cure for Alpha-1! Tag the AIF on any social media posts throughout the month:
#A1FVW25 #Alpha1Awareness



AIF Virtual Walk Page: _____
My November Goal: _____ Total Miles Completed: _____

For more information about Alpha-1, please visit ALPHA1.ORG
For questions on Building Friends for a Cure (BFC) events, please contact Development Manager Irene Calderon at icalderon@alpha1.org.

#ALPHA1AWARENESS

#A1FVW25