

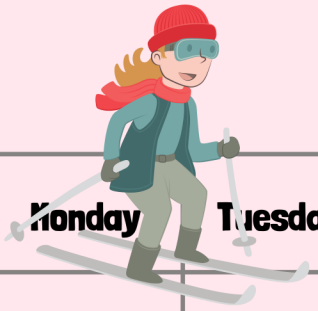
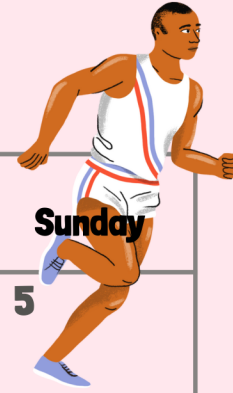
How to Participate in the 30 Mile Movement Challenge - February Heart Month:

1. Join our [private Facebook Challenge group](https://www.facebook.com/groups/prf30milechallenge) (<https://www.facebook.com/groups/prf30milechallenge>) to connect with other challengers.
2. Set up your Challenge Fundraiser on [Facebook](https://bit.ly/FB30Milefund). (<https://bit.ly/FB30Milefund>)
3. **Or** set up your Challenge Fundraiser on our GiveSmart page (<https://bit.ly/PRF30mileChallenge>)
4. Be the first to donate to your page and share your page with family/friends/co-workers!
5. Challenge at least 3 friends to participate and donate – tag them on social media, email them or call them to encourage their participation.
6. Choose your Movement – walk, run, bike, swim, or any activity you enjoy.
7. Share your progress and spread the word by posting updates and sharing photos, videos and don't forget to **#Hearts4PRF**.

**Help us support stronger hearts for
those with Progeria worldwide!**



FEBRUARY 2023

 Monday Tuesday		Wednesday	Thursday	Friday	Saturday	 Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



Important Info:
