

Blow the Whistle on Asthma!



Tips for Asthma Walk Team Members



Congratulate yourself for deciding to lend your time and talents to raise funds for the American Lung Association. Take some time to learn about the asthma epidemic and the programs and services the American Lung Association offers to help people with asthma.



Set a personal fundraising goal. Each walker is asked to raise at least \$100 but you are encouraged to strive for the "Winner's Circle" by raising \$500. You may also want to plan fund raisers that you can do with fellow Team Members. *Each Team Member that collects \$100 will receive a "Blow the Whistle on Asthma" t-shirt!*

Each Walker should begin fundraising with a letter writing or email campaign. This is a very fast and effective way for you to get donations and spread the news about what you are doing to help your community. Make a list and send your letters! Teams that write letters reach their goals!



Stay in-touch with your Team Captain right up to the day of the Walk. Your Team Captain will have lots of ideas and tips to share with you to help you reach your personal goal. Many teams get together for special team fundraisers and have team t-shirts made to wear the day of the walk- a great way to get team recognition. .

Call your Continental Societies, Inc Greater Miami Chapter office. Need more ideas or tips on team building and fundraising? Staff are on hand and ready to help you raise money and have fun fighting asthma. Call today!

Attend the "Blow the Whistle on Asthma" Walk and celebrate your success for raising funds and awareness of asthma in our community.