



NATIONAL WALK DAY AGENDA

National Walk Day

September 26, 2026



CHECK OUT THE PFF WALK EMAIL SERIES KICKING OFF AT 8 A.M.CT

Hear inspiring messages from fellow walkers as you get ready to walk!



LACE-UP YOUR SHOES AND WALK IN YOUR NEIGHBORHOOD

Gather your team and walk in your neighborhood. You can walk any distance of your choice or mimic one of the PFF Walk course options of 1-mile or 2-miles.



CONNECT WITH US ON SOCIAL MEDIA

Follow us on Facebook and Instagram (@PFForg) and watch for posts, updates, and progress reports throughout the day!



SHARE YOUR PHOTOS AND VIDEOS WITH US

Submit photos or videos of your team PFFWalk@pulmonaryfibrosis.org for a chance to be featured on social media!

QUESTIONS?

Connect with a member of our team at PFFWalk@pulmonaryfibrosis.org or 855.925.5733.