June is PTSD Awareness Month!

Join the National Center for PTSD as we virtually step up to raise awareness for PTSD.

Complete 30 minutes of exercise at any time during the month of June in recognition of PTSD Awareness Day on June 27th.

Show your support by following these easy steps:

1. Register for the walk: https://bit.ly/3h8uDCu
2. Receive an email with a printable Step Up for PTSD Awareness Virtual Walk bib
3. Pin on your bib and get moving
4. Take a photo of yourself doing a physical activity, such as walking, running, biking, rolling, or swimming
5. Post your photo on social media and tag the National Center for PTSD

For more information on PTSD, visit www.ptsd.va.gov