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 Month

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
   - @stepupforptsd
   - @VAPTS
   - @VA_PTSD_Info

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