



— Awareness Walk — Sample Social Media Posts

With social media (Facebook, Twitter, Instagram) there are many creative ways to involve your network of friends, family members, and colleagues in your fundraising efforts. Schedule a Facebook Live session on the day of your walk and promote it often to keep your supporters engaged the entire month of September. When posting, use your own photo or you can download a [CCF Awareness Month image](#).

Join My Walk for a Cure Team

[Join me/Join my virtual team](#) in September on CCF's Walk for the Cure to support children and families affected by cardiomyopathy. [I'll/We'll](#) be going live on [DATE & TIME](#) so tune in. Support [my/our](#) efforts during Children's Cardiomyopathy Awareness Month: [LINK TO YOUR FUNDRAISING PAGE](#) #ittakesateam #cardiomyopathy

Raising Funds for Cardiomyopathy

Thank you to my family and friends for contributing to my Walk for a Cure efforts. You are helping children with cardiomyopathy and their families get the information, emotional support, and financial assistance that they need. Help me reach my walk goal and share: [LINK TO YOUR FUNDRAISING PAGE](#) #ittakesateam #cardiomyopathy

Training Hard for my Awareness Walk

Today I am training for CCF's Walk for a Cure. This awareness walk is important to me because [GIVE REASON](#) (example: [cardiomyopathy affects my family, or I am walking for my son/daughter/niece/nephew](#)) [I/My team](#) will be going live on [DAY](#) so don't forget to check in again on [DATE and TIME](#). Support [my/our](#) walk efforts and share: [LINK TO YOUR FUNDRAISING PAGE](#) #ittakesateam #cardiomyopathy

Walking Today for Cardiomyopathy Awareness

Today is the day! Follow me on [Facebook/Instagram](#) to get updates and information on my virtual Walk for the Cure. Tune in at [TIME](#) as I go live. It's not too late to support my walk efforts: [LINK TO YOUR FUNDRAISING PAGE](#) #ittakesateam #cardiomyopathy

Still Counting on Your Support

Thank you for joining me on my Walk for a Cure! We can keep the momentum going. Help [me/my virtual team](#) exceed our fundraising goal: [LINK TO YOUR FUNDRAISING PAGE](#) To learn more about the cardiomyopathy during Children's Cardiomyopathy Foundation, follow [@CCFheartkids](#) the month of September. #ittakesateam #cardiomyopathy