



Join **Team COPD** to raise awareness about Chronic Obstructive Pulmonary Disease (COPD). All Canadians are invited to participate in the Coast to Coast Challenge for COPD and track their activities.

Our goal is to collectively cover the distance from Gander, Newfoundland to Victoria, British Columbia, covering the 7,500 kilometres of the Trans-Canada Trail.



Any kind of physical activity counts, whether it is walking, cycling, stationary biking, or running – use your imagination! It all gets added to the collective total.

Anyone can participate, including people with COPD, caregivers, family, friends or just someone who cares.

Your local Lung Association office will track the distance covered throughout the challenge, and post your progress on a virtual map at: www.teamcopd.ca

For more information on COPD, or to get help if you or a family member has COPD contact:
BreathWorks:
1-866-717-COPD (2673)

Complete your virtual cross-Canada journey on November 19, 2008 – **World COPD Day.**

STEP 1

GET ACTIVE! Walk, run, bike, rollerblade, play sports, or any other activity. It all counts!

STEP 2

TRACK YOUR DISTANCE!

Log how many kilometres or minutes of activity you cover, as an individual or as a group.



STEP 3

PHONE OR EMAIL YOUR DISTANCE EACH WEEK!

Be sure to send us your photos so we can see you in action and post them on our website! Send your photos to: photos@teamcopd.ca

For more information on this event:
1-888-566-LUNG (5864) or
www.teamcopd.ca