
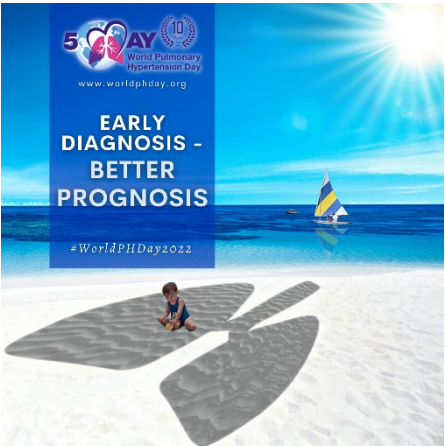


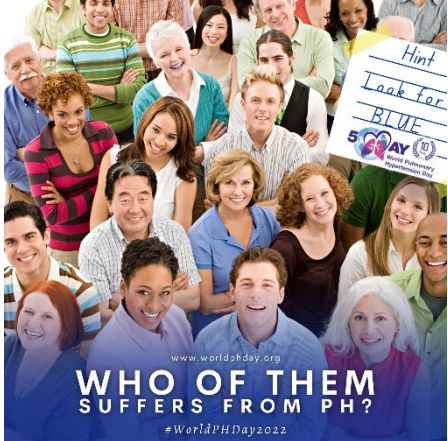





DATE	FORMAT	COPY/text with hashtags	VISUAL to be published
<p>Post reserved for 5th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Every day is a gift, let's celebrate May the 5th.</p> <p>Support World Pulmonary Hypertension Day, support 10 years of our breathing for hope!</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
<p>1ST POST</p> <p>30th of April</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Early Diagnosis = Better Prognosis</p> <p>Listen to your doctors and tell them to listen to you. Early diagnosis with adequate therapies improves the quality of life of PH patients.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	




<p>1st of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Try to breathe now! Try to understand PH.</p> <p>Take a nose clip and tie a cloth over your mouth and walk as fast as you can for just 6 minutes. This is only an exercise for you, but this is how PH patients feel their whole lives.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
<p>2nd of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Try to understand PH. Use the straw!</p> <p>Have you ever tried to breathe through a thin straw for a few minutes? Give it a try and you will understand what breathing means for a PH patient.</p> <p>The lack of oxygen in the blood sometimes turns our lips blue, which can be a sign of PH.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	



<p>4th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Be aware of PH, When you care it's like the breath of fresh Air.</p> <p>Be aware of PH! Help PH patients to stay positive on their journey to find the cure!</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaraness #10thAnniversary</p>	 <p>www.worldphday.org BE AWARE OF PH, WHEN YOU CARE IT'S LIKE THE BREATH OF FRESH AIR. #WorldPHDay2022</p>
<p>6th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Pick up your ears, hear us breathing!</p> <p>As long as we are able to breathe, there is hope for a cure.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaraness #10thAnniversary</p>	 <p>www.worldphday.org PICK UP YOUR EARS HEAR US BREATHING #WorldPHDay2022</p>


8 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Who of them suffers from PH? Hint: Look for Blue.</p> <p>It's not a tricky question, look closely. Without a hint, it would be impossible to you to even guess who of them is suffering from pulmonary hypertension.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
9 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>PH therapy for all patients.</p> <p>Curative medicines are not available, but various treatment options make the lives of PH patients easier. Let's make them available in every country for every PH patient!</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	

<p>11th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Pulmonary hypertension affects children. Hear them breathing!</p> <p>Every disease is difficult, but when children are suffering it's scary. Imagine how kids with pulmonary hypertension feel when they are experiencing chest pressure or pain, shortness of breath, extreme fatigue, dizziness, edema and blue lips,... Hear them breathing, and you will find out that they need your support and adequate therapies.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary #O2Kids</p>	 <p>The image shows a young girl with brown hair tied in a ponytail, wearing a nasal cannula. A hand is holding the cannula near her nose. Overlaid on the left is a blue and white poster for World Pulmonary Hypertension Day 2022. The poster features a heart icon with '5 MAY 10' and the text 'PULMONARY HYPERTENSION AFFECTS CHILDREN HEAR THEM BREATHING! #WorldPHDay2022'.</p>
<p>12th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p></p> <p>Spread Awareness, spread Hope.</p> <p>"Early diagnosis allowed me to blow this dandelion and spread hope that kids like me will have the opportunity to grow like me and have a happy and fulfilling life despite their PH diagnosis."</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	 <p>The image shows a young girl with brown hair, wearing a yellow shirt, blowing a dandelion seed in a grassy field. Overlaid on the left is a blue and white poster for World Pulmonary Hypertension Day 2022. The poster features a heart icon with '5 MAY 10' and the text 'SPREAD AWARENESS SPREAD HOPE #WorldPHDay2022'.</p>

14 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>I may look healthy, but Pulmonary Hypertension is stealthy.</p> <p>In some cases #PH is invisible, which results in the lack of understanding of patients. Bear in mind that people who look absolutely healthy might be seriously ill.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
15 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Let's not allow PH to remain undiagnosed. Our childhood and lives depend on it.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	

<p>16th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p> 	<p>Face every storm, that's why you were born. Fight with the odds and find out what the future holds.</p> <p>Even when it's storming outside, your mind has the potential to enjoy the beauty of sunlight. To beat #PH, every patient needs to beat their fears, and that is not an easy feat. Help and understanding of those around them, and of the community are always more than welcome.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
<p>17th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Mindset is everything.</p> <p>"May your choices reflect your hopes, not your fears." — Nelson Mandela</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	

18 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>There is no cure for PH, but therapies improve the quality of our lives. That's why PHA Europe and its member associations fight to make therapies available to every #PH patient, no matter where they live.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	
19 th of May	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>Join us in our fight. PH will stay in the PAST if we act FAST!</p> <p>People with #PH often face countless challenges, enduring them with courage and resilience. Their example is a reminder of how we can all be strong. No one needs to carry the burden alone, we are even stronger if we are together.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary</p>	

<p>20th of May</p>	<p>PHA EUROPE</p> <p>FB, IG, LI, TW Post</p> <p>WORLD PH DAY FB PAGE</p>	<p>See you next year. We wish our dream of CURE to come TRUE.</p> <p>PH patients are living in the present, facing all the challenges of PH, but May the 5th is a unique as it provides them with a glimpse of a brighter future where PH remains in the distant past.</p> <p>https://worldphday.org/</p> <p>#WorldPHDay2022 #togetherstronger #PHope #PHMatters #PulmonaryHepertension #PHAEurope #RaiseAwaranness #10thAnniversary #CureComeTrue</p>	 <p>The poster features a blue hot air balloon floating above a sea of white clouds against a sunset sky. On the right, a blue rectangular box contains the text: '5 MAY World Pulmonary Hypertension Day www.worldphday.org', 'SEE YOU NEXT YEAR', 'WE WISH OUR DREAM OF CURE TO COME TRUE', and '© WorldPHDay2022'. Below the text are several small, colorful balloons (blue, yellow, red, purple, pink).</p>
-------------------------------	--	--	---