

VIRTUAL PASSPORT CHALLENGE

Join us for our passport challenges from August 22nd to September 18th! Each challenge comes with a chance to win a prize. Participate through social media by posting in our virtual community on Facebook or tag us @AmericanLungNJ and use #LUNGFORCEBridgewater. Don't use social media? Email your submissions to Shannon.Myre@Lung.org.

Take A Stand Challenge

Do you want clean air? More research funding? Join the Lung Action Network and become an advocate for policy change.

Post on the Facebook Group and tag @GSK

Post on Twitter and tag @AmericanLungNJ and @GSKUS

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Raise Your Voice Challenge

Share your story and reason for participating and post it on social media #WhyIWalk and #LUNGFORCEBridgewater.

Post on the Facebook Group and tag @JanssenGlobal

Post on Twitter and tag @AmericanLungNJ and @JanssenGlobal

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Breathe Deeper Challenge

Post a video or photo of yourself taking the Breathe Deeper Balloon Challenge:

- Inhale your deepest breath and then exhale into the balloon.
- Measure your balloon diameter in centimeters.
- Make a donation in that amount to your personal page (i.e. 18cm = \$18 donation)
 OR tag 3 friends to take the #BreatheDeeperChallenge.

Post on the Facebook Group and tag @HackensackMeridianHealth

Post on Twitter and tag @AmericanLungNJ and @HMHNewJersey.

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Walk Against COVID Challenge

Download the "I Walk Against COVID" sign and while holding it, post a video sharing why it's important for all of us to follow the Centers For Disease Control (CDC) guidelines to protect public health

OR post a photo holding the "I WALK Against COVID" sign

Post on our Facebook Group and tag @UniversityRadiology and @TBWAWorldHealth

Post on Twitter and tag @AmericanLungNJ and @UnivRad and @TBWAWorldHealth

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Build Our Force Challenge

Tell us who is your #FrontlineHero and, if possible, include a photo. Share with us on social media and tag your hero.

Post on the Facebook Group and tag @TheCINJ

Post on other Twitter and tag @AmericanLungNJ and @RutgersCancer

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Saved By The Scan Challenge

Lung cancer screening can help detect lung cancer in its early stages and increase the chance of survival. If you are a current or former smoker, or know someone who is, visit SavedByTheScan.org and take the quiz. Post the site on social media and use the hashtags #SavedByTheScan and #LUNGFORCEBridgewater.

Post on the Facebook Group and tag @ScreenNJ

Post on Twitter and tag @AmericanLungNJ and @ScreenNJ

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