

• @FIGHTLIKEAWARRIOR •

I AM A CHRONIC
PAIN WARRIOR.

I FIGHT BACK BY Add how you take care of yourself, advocate for yourself, or keep going here!

Hashtag your chronic illness or explain why you have chronic pain here.

#CHRONICPAINAWARENESSMONTH #SICKFIGHTSBACK

CHRONIC PAIN AWARENESS MONTH DIRECTIONS:

1. PRINT OUT ONE OF THE CHRONIC PAIN WARRIOR TEMPLATES (OR MAKE YOUR OWN IF YOU DON'T HAVE A PRINTER) AND FILL IN THE BLANKS.
2. TAKE A PICTURE OF YOURSELF HOLDING THE SIGN. (WORKS BEST IF YOU'RE CLOSE TO THE CAMERA AND IN GOOD LIGHTING.)
3. POST ON SEPTEMBER 30TH, 2019 (ON YOUR STORY OR FEED) USING THE HASHTAGS: #CHRONICPAINAWARENESSMONTH, #SICKFIGHTSBACK AND THE HASHTAG FOR WHAT CAUSES YOUR CHRONIC PAIN. DON'T FORGET TO TAG @FIGHTLIKEAWARRIOR!
4. CHALLENGE TWO FRIENDS TO RAISE AWARENESS ABOUT CHRONIC PAIN TOO BY TAGGING THEM TO DO THIS AS WELL.