



The HAE Global Walk 2019 - help raise awareness step by step

On and around **hae day :-)** 2019 a group of HAE patients, caregivers, doctors, and people from HAE organizations will walk part of the ancient pilgrimage route *Camino Inglés* in northwestern Spain.

We know that many people would like to take part in this walk but are not able to do so. Therefore we arrange the HAE Global Walk 2019, allowing everyone to participate no matter where they are.

From 1 April to 31 May 2019 we will be running a campaign in order to raise awareness of the rare disease HAE.

We encourage you to help raise HAE awareness.

All you need to do is to walk any distance you would like wherever you feel like it – on your own or together with others – and report the distance walked to www.haeday.org. Your steps will then be added to those taken by people walking the Camino as well as all other HAE steps taken around the globe.

The HAE Global Walk was first launched in 2016 – and from late April and all through May 2016 we registered more than 12,000,000 steps taken by individuals and groups wanting to be part of the global HAE awareness movement. In 2017 we counted more than 21,000,000 steps – and in 2018 we reached 50,000,000+ steps. We hope for even more this year.

On www.haeday.org you can follow the development day by day – for instance you can see in which countries the steps are walked, how many kilometers/miles have been walked, and how many people have participated.

Please make sure to visit the website often during the campaign period (1 April to 31 May 2019) – and add all the walks you like. Every step counts.

Your **hae day :-)** team