

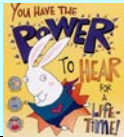





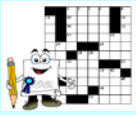

























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>01 Contact local media about your tinnitus story & upcoming TAW</p> 	<p>02 Check out the ATA Store, buy an ATA T-shirt & show you are committed to a cure</p> 	<p>03 Teachers: Request ATA's Hear for a Lifetime hearing conservation and tinnitus prevention program materials!</p> 	<p>04 Visit the Research Reports page to learn about ATA-funded tinnitus research</p> 	<p>05 Speak about tinnitus to a local group or organization using ATA's talking points</p> 	<p>06 Learn about healthy hearing habits & buy earplugs in ATA's online store</p> 	<p>07 Watch ATA's "What is TINNITUS" video on YouTube</p> 
<p>08 Request ATA's free brochures and take to your doctor's office.</p> 	<p>09 Complete ATA's fun puzzles & learn more about tinnitus</p> 	<p>10 Bring copy of the TAW calendar to work, community center, hair stylist or barber shop</p> 	<p>11 Locate your local VFW Post and bring copies of ATA's military fact sheet to share</p> 	<p>12 Start your team or support a walker & get ready for Jack Vernon Walk to Silence Tinnitus on June 25</p> 	<p>13 Create your own "DeciBelle" - a great awareness tool</p> 	<p>14 Share Jose Cassella's, "TINNITUS - Can You Hear That?" video on YouTube</p> 
<p>15 Tinnitus Awareness Week</p> <p>The Tour de Tinnitus Fundraising Bike Ride starts today!</p> 	<p>16 Tinnitus Awareness Week</p> <p>Go on ATA's social network sites. "Add ATA as a Friend" & share your comments</p> 	<p>17 Tinnitus Awareness Week</p> <p>ATA honors its Congressional Champions. Write your own letter to your Senator, House or State senate rep., Mayor or Governor</p> 	<p>18 Tinnitus Awareness Week</p> <p>Contact your doctor about Tinnitus Awareness Week</p> 	<p>19 Tinnitus Awareness Week</p> <p>Support ATA all year long with purchases on your ATA Capital One card</p> 	<p>20 Tinnitus Awareness Week</p> <p>Listen to drummer Liberty De Vitto speak about wearing earplugs</p> 	<p>21 Tinnitus Awareness Week</p> <p>Hand out earplugs at the mall or your local shopping center</p> 
<p>22 Have friends & family listen to the "Sounds of Tinnitus"</p> 	<p>23 Play ASHA's fun & educational game, "Listen To Your Buds!"</p> 	<p>24 Renew or become a member of the American Tinnitus Association</p> 	<p>25 Check out ATA's event calendar for support group meetings & ATA activities</p> 	<p>26 Make a donation to ATA & support tinnitus research!</p> 	<p>27 View a U.S. Navy veteran's personal tinnitus story</p> 	<p>28 View Denise & Jennifer Capriati's PSA on tinnitus.</p> 
<p>29 Hand out flyers for the upcoming Walk</p> 	<p>30 MEMORIAL DAY Support our veterans & join ATA's Action Alliance!</p>	<p>31 CELEBRATE - You did a GREAT job!</p> 	<p>American Tinnitus Association P.O. Box 5 · Portland, OR 97207 TF: (800) 634-8978 · T: (503) 248-9985 · F: (503) 248-0024 E: tinnitus@ata.org · W: ATA.org</p>			