



## Virtual Day at the Capitol TRU Checklist

Get involved with TRU's virtual advocacy event on May 5th! For each item you complete below, please mark a check or an 'X' next to the item. Any item marked with \* is optional. Complete all required activities in this list for the chance to win a gift card!

Please e-mail your finished checklist on May 5<sup>th</sup> to the TRU Coordinator at [Molly.Pisciottano@Lung.org](mailto:Molly.Pisciottano@Lung.org).

1. **Watch the Advocacy 101 Webinar on [TRUinPA.org](http://TRUinPA.org).** \_\_\_\_\_
2. **Follow TRU on social media [@TRUinPA](https://twitter.com/TRUinPA) to like and share motivational speaker, Patrick Perez's promotional videos and trivia challenges! \***  
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3. **Complete #TheFaceYouFund activity on [TRUinPA.org](http://TRUinPA.org):**
  - a. **Create your own picture frame or download the template featuring #TheFaceYouFund and take a selfie to share with TRU or post on social media.** \_\_\_\_\_
  - b. **Write a personal message to your legislator about why tobacco prevention is important to you by downloading the postcard template.**  
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4. **Register for the *Virtual Town Hall* at 12 PM on May 5<sup>th</sup>. If you are unable to join at this time, a recording will be shared with everyone! Register [HERE](#).** \_\_\_\_\_
5. **BONUS POINT: Become a leader in Taking Down Tobacco by taking the free, online training at [www.takingdowntobacco.org](http://www.takingdowntobacco.org).** \_\_\_\_\_

**JUST FOR FUN!** Missing out on visiting Harrisburg this year? Take a virtual tour of the Pennsylvania State Capitol building with your family! Check it out [HERE](#).