



Join the 2nd Annual Walk 4 PICS Orlando

Calling all ICU survivors, loved ones, healthcare providers,
and community members

Date: Sunday, September 28th

Time: 10 am to 2 pm

Place: Central Park in Winter Park



Scan to
register and
learn more

Help us increase awareness of
PICS—a common, yet unknown
and often invisible illness—
while celebrating survivorship
in critical care.





Post-Intensive Care Syndrome (PICS)
affects between 50-80 percent of survivors
of critical illness¹, and delirium is a known
risk factor for developing PICS².



Physical

Muscle and nerve disease,
often accompanied by
chronic pain



Cognitive

Acquired brain injury resulting in
trouble with memory, concentration,
and executive functioning



Psychological

Depression, anxiety, and
post-traumatic stress disorder
(PTSD)



Scan to learn how you can get involved.

Contact:

Orlando Walk4PICS hosts: Brian, Jen, Cheryl, Angela, and Cathy
walk4picsOrlando@gmail.com

¹ Myers E.A., Smith D.A., Allen S.R., Kaplan L.J. Post-ICU syndrome: Rescuing the undiagnosed. JAAPA. 2016;29:34–37. doi: 10.1097/01.JAA.0000481401.21841.32.
² ICUDelirium.org