

HEART WALK



American Heart Association.
Heart Walk.

Walk *WHEREVER*
YOU ARE!

Yes! You can **Heart Walk anywhere!** Choose our path or yours. We invite you to walk with us at our event or wherever you feel inspired. No matter where you choose to walk, **participating and donating to Heart Walk will save lives.** —



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PLAN YOUR WALK!

Whether you take to the streets or through your local park, find a safe course that you can traverse on November 9, 2024. **Don't forget to bring the FUN to your walk!** Decorate a start/finish line or choose a celebratory outfit to walk in.

LACE UP AND GO!

Throw on your sneakers, grab a walking partner and complete **your Heart Walk from wherever you are!**

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SHARE YOUR WALK!

Join the fun on social media! Don't forget to **tag us @American Heart Association - Florida** and use **#OrlandoHeartWalk #HeartWalkHere**

PRO TIP: When you share on Facebook, make sure you're sharing your posts with **"Public"** so we can interact with you!

SAVE LIVES AND EARN SWAG!

Your fundraising not only makes you a **relentless force for longer, healthier lives**, it also earns you points in your personal **Rewards Center** – points you can redeem for Heart Walk Hero Gear. It's our way of saying thanks and it's a great way to show your support of heart and brain health! You can find the Rewards Center tab in your Heart Walk Headquarters.

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