



American Heart Association®
Heart Walk®

2019 Lorain Heart Walk

September 7, 2019
Black River Landing

Across the country, 350 walks with 1,000,000 walkers focus attention on exercise as an important part of a heart-healthy lifestyle. **Have fun while supporting lifesaving heart disease, stroke research and education.** As the American Heart Association's biggest fundraiser, the heart & stroke walk raises money for critical research and education to fight these deadly diseases.

Join Us

September 7, 2019
Black River Landing
421 Black River Lane,
Lorain, OH 44052.

Schedule of Events

7:00 AM-11:00 AM

7:00 AM

Sunrise Yoga & Barre

8:00 AM-11:00 PM

Healthy For Good Festival

Family & pet friendly event with free screenings, health information, local physicians & more

9:00 AM

1 or 3 Mile Walk

Get Involved:

Register your company, ask your co-workers to join the team, raise funds & walk with pride!

Register your own community team, ask family members and friends to join your team and raise money in honor of a survivor!

Register as an individual walker and ask for donations.

Although there is not a registration fee, all walkers are encouraged to collect donations in support of our mission. Online fundraising and collection envelopes are available.

Heart & stroke survivors will be honored with signature hat or cape for children.

TO GET INVOLVED, PLEASE CONTACT:

216.619.5154

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