



**American
Heart
Association®**
life is why®

Healthy For Good™
Heart Walk®

2017 GREATER KNOXVILLE HEART WALK

Life is why we walk.

We aren't just walking. **We're Heartwalking!** Are you ready to join nearly 1 million Americans at 305 events across the country to build healthier lives, free of cardiovascular diseases and stroke?

WHEN Sunday, September 24 - RAIN OR SHINE

WHERE World's Fair Park Festival Lawn
525 Henley Street, Knoxville, TN 37902

TIME 1:30 PM

WHY Encourage people to take steps toward being Healthy For Good while raising funds to fight heart disease and stroke in our community!

REGISTER www.greaterknoxvilleheartwalk.org

For additional information, please contact Mindy Savage:

PHONE: (865) 253-5116 EMAIL: mindy.savage@heart.org

Locally Sponsored By:



Wisdom for Your Life.



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Heart Walk 101



Healthy For Good™
Heart Walk®

For additional information regarding the Heart Walk, please visit GreaterKnoxvilleHeartWalk.org and click on Detailed Info on the middle of the screen, then click Tools & Resources.

Where do the proceeds go?

Donations raised for the Greater Knoxville Heart Walk will go to the American Heart Association, funding life-saving heart disease and stroke research, community programs, and advocacy efforts. For more information on the American Heart Association, visit www.Heart.org.

What is a Company Leader, Coach and Walker?

Company Leader: Organizes the Heart Walk efforts at your company.

Coach: Helps us by recruiting walkers in their department or personal network.

Walker: Helps to raise funds and awareness through one-on-one contact with co-workers, friends and family.

What is a Top Walker?

A top walker is an individual who raises \$1,000 or more for the Heart Walk. These individuals receive special benefits.

What is a Red Cap?

The term “red cap” refers to our heart disease and stroke survivors who are honored with a red cap to wear at the Heart Walk. On the morning of the event, adult and child survivors are encouraged to visit the Survivor Celebration area to pick up their red cap and share their story.

Are strollers allowed?

Yes. The Heart Walk is a family-friendly event.

Are dogs allowed?

Non-aggressive, leashed dogs are welcome at the event. Please clean up after your dog.

Where do I turn in money?

You can turn in money to your coach or your American Heart Association staff partner prior to the Heart Walk. At the Heart Walk, donations can be brought to the donation turn-in tent. Donations will be accepted before, during and after the Heart Walk.

How do I get a t-shirt?

Individuals who raise \$100 or more and elect to receive a t-shirt will get a Heart Walk t-shirt. T-Shirts will be distributed approximately six weeks after the event.

Are you interested in volunteering at the Heart Walk?

For those who don't want to walk, volunteer opportunities are available Sunday, September 24. Tasks include set up, decorating, manning tents during the event and more! Contact katie.erpenbach@heart.org.