



American Heart Association®

Heart and Stroke Walk™

2021 GUILFORD

HEART AND STROKE WALK

May 1st - May 15, 2021

TRAIL WALK | PAINTED ROCKS

Register today! GuilfordHeartWalk.org

Questions? TriadNC@heart.org

#WALKINGROCKSTRIAD

How to Join:

1. Paint a Rock
2. Go for a walk, place your rock on a trail, sidewalk or path
(Find a trail at www.PiedmontDiscoveryApp.com)
3. Post pics using #WalkingRocksTriad
4. Register to Walk at www.GuilfordHeartWalk.org

Paint a Rock for a:

- | | |
|--------------------|-------------------|
| - Survivor | - In Memory of |
| - Veteran | - Healthcare Hero |
| - First Responder | - Educator |
| - Essential Worker | |

Or Paint a Healthy Food, Activity/Sport...



Signature Sponsor



Local Sponsor



Special thanks to

