

**Dear Volunteer,**

It takes a village to execute this large event and I want to thank you all in advance for your teamwork and support! If you are interested in helping before or at the walk, I have outlined two shift opportunities available below.

We are in need of additional volunteers so please feel free to also invite any family, friends, or company contacts to participate in one of our volunteer shifts below.

## **Volunteer Opportunities Available at the 2019 Rutherford Heart Walk**

**Saturday, September 21<sup>st</sup>**

**Setup & Event @ Murfreesboro Medical Center (1272 Garrison Drive)**

**Shift 1 - 6:30 A.M. – Noon**

Booth set-up, decorating, route set-up & manning tents!

**Attire:** Casual, work-out clothes and tennis shoes appropriate. Volunteer/ Staff t-shirts will be provided.

**Saturday, September 21<sup>st</sup>**

**Breakdown @ Murfreesboro Medical Center (1272 Garrison Drive)**

**Shift 2 – 10:00 A.M. – 1:00 P.M.**

Event breakdown, loading and clean-up.

**Attire:** Casual, work-out clothes and tennis shoes appropriate.

**To sign up or for more information, please contact Hannah Grogan**

[Hannah.Grogan@heart.org](mailto:Hannah.Grogan@heart.org) or 615-340-4127

You will receive additional details about your role as a volunteer once you have confirmed your participation.