



#ChampaignHW

VIRTUAL Champaign Heart Walk – October 10, 2020

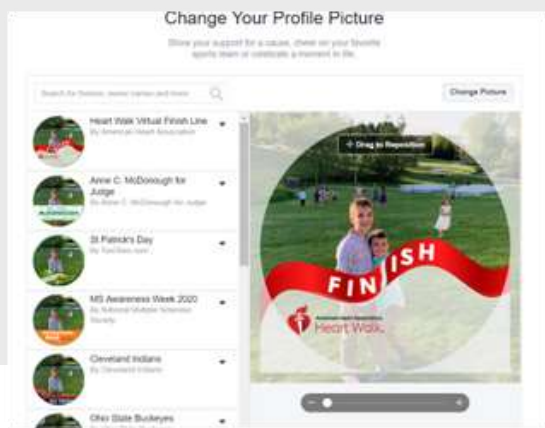
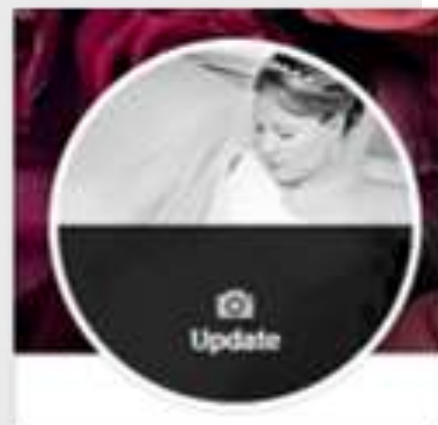
Collect Your Virtual Survivor "Red Cap" or Heart Walk Badge

Thank you for joining the Champaign Virtual Heart Walk and sharing your journey with us. Collectively we are uniting virtually as a community from all corners of the world.

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #ChampaignHW by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Hover over your profile photo and select "Update"
2. Select "Add Frame"
3. In the search box, type in "VHW Survivor"
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select "Use as Profile Picture" to save!



American Heart Association.
Heart Walk.

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www.champaignheartwalk.org