



American Heart Association®

Heart and Stroke Walk™

2020

UTAH HEART & STROKE WALK DIGITAL EXPERIENCE

The purpose of the Virtual Map is to guide participants through 30 Days of Heart & Stroke Walk content provided by our local sponsors. Find more resources at

www.HeartWalkUtah.org

TO PLAY ALONG:

1. Register today at www.heartwalkutah.org
2. Follow our Social Media accounts
3. Use this Virtual Map as a guide to learn new healthy tips, recognize healthcare heroes, and engage with others.
4. Be sure to check www.heartwalkutah.org weekly for resources and links!



FOLLOW US ON SOCIAL MEDIA

Utah Division - American Heart Association

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