

Introducing



American Heart Association®
Heart Walk®

HEART WALK WEEK

APRIL 19-24, 2021

April 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Heart Walk Week						
25	26	27	28	29	30	1

Introducing **Heart Walk Week**, a new tradition in the Upstate designed to rally businesses to collectively spotlight the importance of employee health and wellness sponsored by **Metromont Corporation**.

Heart Walk has always been more than a one-day event. The reason why the Heart Walk exists remains- **to celebrate heart and stroke survivors, raise lifesaving funds, and to encourage physical activity.**

Heart Walk Week Sponsored by:



Nothing unites a team like **doing good together!**

MON	TUES	WED	THURS	FRI	SAT
<p>MINDFUL MONDAY</p> <p>Kick off the week by taking a minute to breathe and taking part of the gratitude challenge!</p>	<p>FOOD DONATION</p> <p>We are collecting healthy canned goods to give to those in need during the Pleasant Valley Farmers Market!</p>	<p>GROUP WALK</p> <p>Pick a time to walk as a company! Whether your employees are all in one location, spread out, or working remotely, you can pick a time to walk together!</p>	<p>THIRSTY THURSDAY</p> <p>Re-think your drink by making one our infused water recipes and then post it to the Facebook page!</p>	<p>BEST FRIEND FRIDAY AND ZOOM RALLY</p> <p>Join us on ZOOM at noon as we kick-off the Heart Walk!</p> <p>Grab your furry friend and wear RED. Pet companionship is associated with overall better health and mental well-being.</p>	<p>CELEBRATION SATURDAY</p> <p>The week will culminate as we come together virtually as a community to celebrate what we have accomplished!</p>

We're kicking off the Heart Walk on Zoom - April 23 @ Noon

JOIN HERE