



American Heart Association.
Heart Walk.

VIRTUAL BROWARD HEART WALK

WALK WHERE YOU ARE

Cross the virtual finish line with us! The reason *why* the Heart walk exists is to **celebrate heart and stroke survivors**, **raise lifesaving funds**, and to **encourage physical activity**. This single-day event signifies so much for our community, we know that it *takes a city to make an impact*. Your ongoing **support** of the American Heart Association's **mission** is helping us invest directly in **scientific research** on COVID-19 as it relates to heart and brain health. We hope to provide information to the **health care heroes and first responders** who are on the front lines caring for patients and searching for cures.



JOIN US AS WE BRING THE 2020 BROWARD HEART WALK LIVE TO YOU ON SUNDAY, MAY 10

We're encouraging all participants to join us for opening ceremonies and then ask that you take a walk through your neighborhood or workspace as you support the American Heart Association. Please be sure to snap a selfie on your walk and post it to your favorite social media channels using **#BrowardHeartWalk**

We're looking forward to crossing the finish line strong with you by virtually sharing your walk to eliminate heart disease and stroke. While we won't physically see you at **Nova Southeastern University on Sunday, May 10** we want to see and hear your passion virtually!

BrowardHeartWalk.org



VIRTUAL HEART WALK DETAILS



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Heart Walk®

Here are some ways YOU can Heart Walk Where You Are:



Stay up to date by visiting browardheartwalk.org to learn how to walk where you are using **#BrowardHeartWalk**.



Click on our **SOCIAL MEDIA** channels below to participate in a daily challenge beginning **April 10th** through **May 10th**



Run/Walk in your neighborhood and share to social media using **#BrowardHeartWalk**



CRO\$\$ the finish line strong by rallying your team to use tools in the mobile app and website, asking others to participate and donate to AHA!



On May 10th share a sweaty selfie post-walk. When sharing to Facebook, claim your **VIRTUAL FINISH LINE** by updating your profile picture and selecting the Heart Walk Finish Line Frame!



@ahasouthflorida

Click Here to Visit



AmericanHeartAssociation
Miami/Ft.Lauderdale

Click Here to Visit

Be sure to check back daily to receive healthy at home tips, videos, interactive activities, and much more!

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Champions of Heart Sponsors
as of 02.12.2020



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Holman Automotive Holy Cross Hospital JM Family Enterprises, Inc.

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BrowardHeartWalk.org

[#BrowardHeartWalk](https://www.instagram.com/BrowardHeartWalk)

