



American Heart Association®
Heart Walk®

Connecticut's rallying for cures!

Join Our Biggest Heart Walk Ever!

**The 2020 pandemic's made it clear.
This is a critical time to step up. Not step back.**

Vital COVID-19 research made possible by funds raised in our annual Heart Walk campaign has already begun. We must understand how the coronavirus is causing the severe damage and lasting impacts on the heart and the cardiovascular system. At the same time the American Heart Association must continue to ensure that our communities have what's needed to live and enjoy longer, healthier lives.

We're committed to making sure our one million Heart Walk Heroes and donors joining us this autumn have an engaging and flexible Walk-Where-You-Are experience. Start your 2020 Heart Walk adventure today! Start or join a Greater Hartford team, get involved, and please donate. Life is Why!

HartfordHeartWalk.org

WEEKLY HEART WALK WEDNESDAYS BEGIN SEPT. 16TH

SEP 17

THE 2020 STEP CHALLENGE BEGINS

OCT 12

SYMPTOMS & SURVIVORS: KNOW THEM BOTH!

OCT 13

HANDS-ONLY CPR: YOU CAN SAVE A LIFE.

OCT 14

USING AN AED: IT IS SIMPLE.

OCT 15

YOUR BLOOD PRESSURE: TAKE & UNDERSTAND IT.

OCT 17

RISE & SHINE: TAKE AN EARLY SUNRISE WALK

OCT 17

2020 HEART WALK ONLINE CELEBRATION

Locally Supported By:

StanleyBlack&Decker



@HeartCONN / #HartfordHeartWalk / Email: Bill.Lee@Heart.org