



American Heart Association®

Heart Walk®

#NWLAAHeartwalk and **cross the finish line strong!**

We're looking forward to seeing your healthy at-home experience to celebrate the work of the American Heart Association and your commitment to better health. While we won't physically see you downtown on Saturday, May 2, we want to see and hear your passion socially through your healthy at-home experience.

Here are some ways YOU can #NWLAAHeartWalk:



Follow our 2020 Northwest Louisiana Heart Walk [Facebook Event Page](#) for updates and tips to help you #NWLAAHeartWalk. We want to see you #Heartwalking, so share your pictures there too!



Share pictures of you living out your healthy at-home experience and encourage others to join you! This could be going for a walk, eating a healthy meal, meditating, or playing a game with your family!



Sign up, fundraise and cross the finish line strong!
Visit nwlaheartwalk.org to register.



Follow our 2020 NWLA Heart Walk Facebook Event Page (@AHALouisiana) for updates and tips to help you #NWLAAHeartWalk



Live out the mission of the AHA by rallying your team to use tools in the mobile app and website, asking others to participate and donate!

We're cheering you on! The moment you and your donors give to the Heart Walk, you are contributing and progressing lifesaving science.



Can I still get my fundraising incentives?

- Yes! The Heart Walk Rewards center is open through June 13. You can redeem your points for prizes online. Please visit your Heart Walk participant center to do so.

Can I still register and donate?

- Registration is open! You can register anytime at www.nwlaheartwalk.org.
- Donations can be received online at www.nwlaheartwalk.org.
- Checks made out to American Heart Association can be uploaded via the free Heart Walk mobile app or mailed to 4830 Line Ave, Box 385, Shreveport, LA 71106.
- Cash donations can be scheduled for pick up with your AHA contact.

THANKS TO OUR VALUED SPONSORS:



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