



American Heart Association.
Heart and Stroke Walk™

2021 GUILFORD

HEART AND STROKE WALK

May 1 - May 15, 2021

TRAIL WALK | PAINTED ROCKS

Register today! GuilfordHeartWalk.org

Questions? TriadNC@heart.org

#WALKINGROCKSTRIAD

How to Participate:

- 1. Paint a rock with a design, write an inspirational message, or honor a survivor, healthcare hero, veteran, educator, first responder, or loved one.**
- 2. As you walk and find a painted rock or as you place a rock on your walking route, post a picture using #WalkingRocksTriad.**
- 3. Register to Walk at www.GuilfordHeartWalk.org**



(Find a trail at www.PiedmontDiscoveryApp.com)



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