

TO PLAY ALONG:

1. Register today at www.HamptonRoadsHeartWalk.org
2. Use this Virtual Map as a guide to each week of our Heart Walk campaign!
3. Download the Heart Walk App to participate in the Movement Challenge!
4. Follow our Social Media pages to get the latest updates and don't forget to use #hrheartwalk when you post!



@americanheartva

THANK YOU!

Keep an eye on our social media pages for announcements about top teams, top walkers, and info for next year!

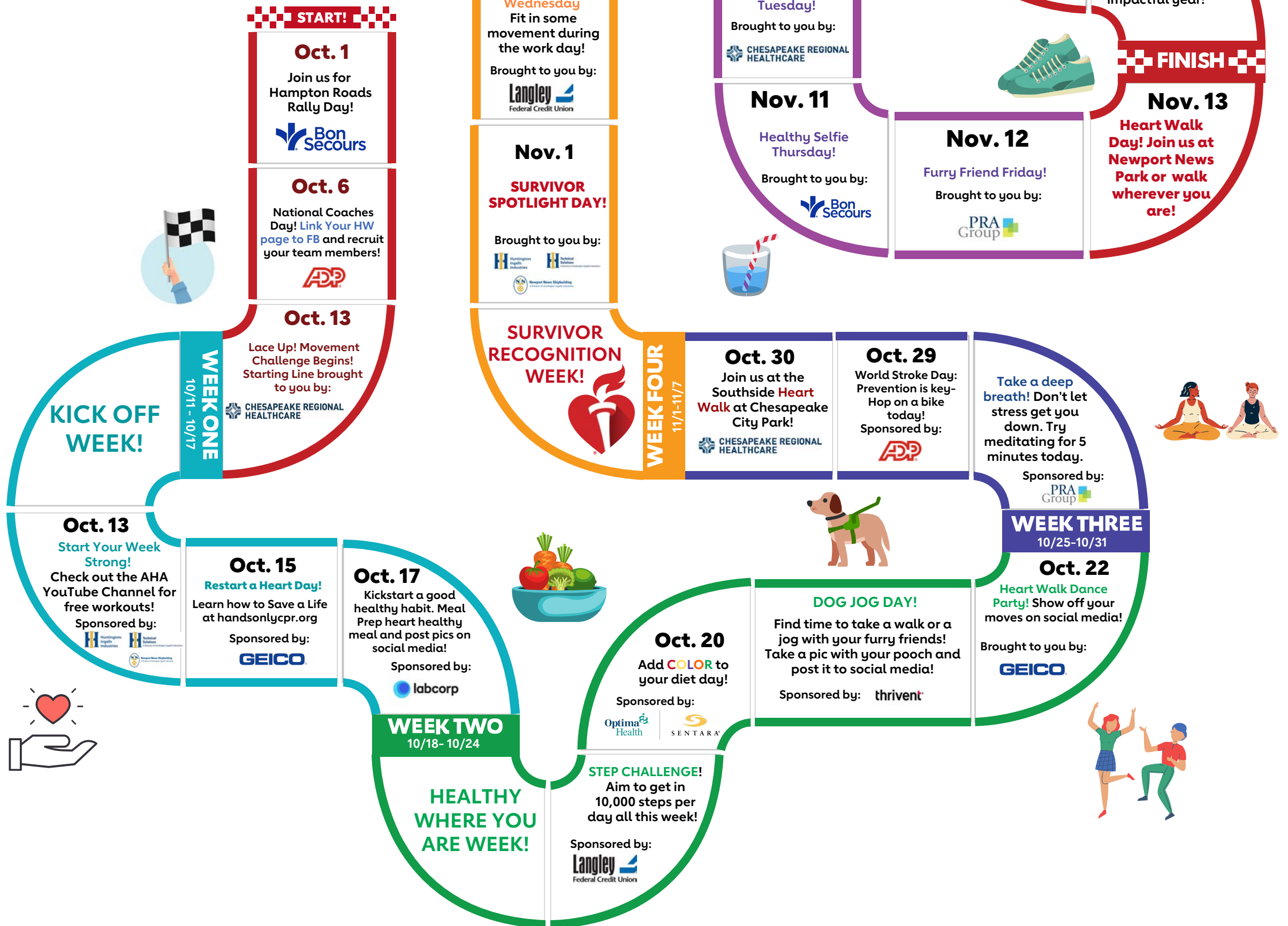
CONGRATULATIONS!

Host a virtual team or family gathering to celebrate your fulfillment of the AHA mission!

Send us your pictures! We would love to share them on our Instagram, Facebook and Twitter
@americanheartva

Great Job! You crushed the movement challenge! Thank you for having an impactful year!

YOU CAN DO IT!



We Walk TOGETHER

#HRHeartWalk

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