

## 2023 Triangle Heart Walk

### Day of Event Details

#### **FUJIFILM Diosynth Biotechnologies Pup-arrazzi Area:**

Bring your pup over for a fun photo booth session and learn about the health benefits of owning a pet. The first 300 pups will receive a free dog bandana!

#### **Duke Heart Survivor and Top Walker Area:**

Survivors and Top Walkers are invited to check-in at the Survivor and Top Walker Tent to receive access to an exclusive lounge inside PNC arena featuring light snacks and refreshments, a photo booth and more. Survivors can also pick up their survivor caps, capes, and commemorative pins.

#### **LexisNexis Spirit Station:**

Get pumped and jazzed to start walking.

#### **Kids Zone:**

Our littlest walkers have a special area to have fun playing twister and mindfully coloring.

#### **Tribute Area:**

Why do you walk? Sign our tribute wall in honor of those you walk for.

#### **Pinnacle Financial Partners Hydration Station:**

Refuel for the route with cold water and fruit.

#### **Company Photos:**

Photos will be taken on a first come, first served basis on the stairs of PNC Arena behind the team tents.

FUJIFILM Diosynth Biotechnologies - 11:15 A.M.

Duke Health - 11:25 A.M.

WakeMed - 11:35 A.M.

LexisNexis - 11:40 A.M.

#### **WakeMed Health and Hospitals Survivor Lane:**

We invite all of our survivors to use the survivor lane as they cross the finish line.

#### **RTI International Heartfulness Meditation:**

Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease.