



American Heart Association.
Heart Challenge™

CYCLING CHALLENGE



Date: Friday, February 24, 2023
Goal: To raise heartbeats while raising funds
Location: Where you are

To participate, contact Kristin.Thompson@heart.org.
Syracuse Heart Challenge Director and let her know you are interested!

- Mark your calendar for Feb. 24 or for a date that works best for you!
- Choose your movement activity! A cycle bike, treadmill, rower, a walk or even a nonstop dance party! The goal is to move throughout the day'
- Ask friends and family to sponsor you by donating to your page!
- Share how you're moving on social media by using #syrheartwalk

*For more information about
the Syracuse Heart Walk, visit
SyracuseHeartWalk.org*

Cycling Challenge
Locally Sponsored by:

