



Hello Heart Walkers!

Are you feeling creative? Do you have someone on your team who love to be creative?

Now's the time to let the juices flow. We're having a "T-Shirt Design Contest". This year's theme is "I WALK TO SAVE LIVES".

Give us your best design, we're going to display and have a secret panel of judges the day of the [NWLA Heart Walk](#) (4/29/2023).

THINGS TO KNOW:

- Designs must be original.
- Designs should NOT include the American Heart Association Heart & Torch logo, Heart Walk Logo or any other American Heart Association logos.
- American Heart Association NWLA Heart Walk can be included in TEXT.
- You must submit your ADULT MEDIUM shirt to Heart Walk Director, Jill Lucero prior to 4/28 or turn in to the Heart Walk Team on 4/28 at Festival Plaza between Noon and 4pm
- Click [HERE](#) if you plan to submit an entry!

Check out the full details of the Heart Walk event [here](#).