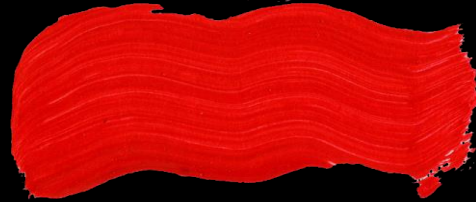


# Southeast Michigan Heart Walk Spirit Week



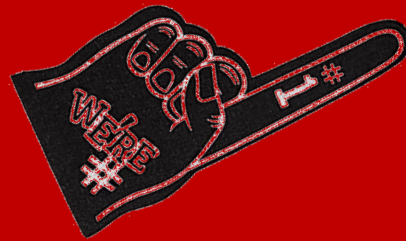
American Heart Association®  
Heart Walk®

**MONDAY 6/8**  
**RED IT OUT!**



- Wear your red.
- Update your profile picture with our [Heart Walk frame](#). Be sure to search "Washtenaw County Heart Walk"
- **Work to meet your fundraising target!**

**TUESDAY 6/9**  
**TEAM TUESDAY**



- Move more! Warm up for Heart Walk day by moving/exercising.
- Show your Team pride [here](#) by wearing your Heart Walk team gear or gear from your favorite sports team.

**WEDNESDAY 6/10**  
**PETS WITH HEART**



- Dress up your pet and share your photos [here](#). Be sure to check out the other pets.
- Vote by Saturday for "Top Pet" [here](#).
- Join us during a Zoom Yappy Hour!

**THURSDAY 6/11**  
**TAKE IT BACK**



- Share pictures [here](#) of your favorite memories at past Heart Walk events.
- Dress up in clothing from your favorite decade. (40's, 50's, 60's, 70's, 80's, 90's, 00's etc.).
- Reach out to your past donors who haven't donated yet.

**FRIDAY 6/12**  
**HEARTS AT HOME**



- Honor your Hero by decorating your door/porch/yard. Share photos [here](#).
- Eat Well! Cook one of AHA's heart healthy [recipes](#).