



Virtual Central Iowa Heart Walk

May 2, 2020 | #DSMHeartWalk

How YOU can Join our Virtual Walk

We're looking forward to lacing up our shoes with you and virtually walking with heart as a community to build a world of longer, healthier lives. While we won't physically be together at Meredith Plaza on Saturday, May 2, we want to see and hear your passion virtually!

Here are some ways YOU can #DSMHeartWalk wherever you are:



Start a TEAM and RAISE lifesaving Dollars

Visit www.dsmheartwalk.org to register.



Use #DSMHeartWalk and SHARE photos of your Heart Walk Journey

This could be pics of you going on a walk, eating a healthy meal, or playing a game with your family. Be creative!



CONNECT with other walkers and CELEBRATE the collective journey

Follow along on Instagram, Facebook & Twitter @AHA Iowa



Rally your team using tools in the Heart Walk MOBILE APP and Website

Live out the mission of the AHA by asking others to participate & donate!



WALK in your Neighborhood & SHARE on Social Media via #DSMHeartWalk

Make sure to cro\$\$ the finish line strong by inviting people to join your team!



Can I still get my fundraising incentives?

- Yes! The Heart Walk Rewards center is open through June 13. You can redeem your points for prizes online. Please visit your Heart Walk participant center to do so.
- If you've taken the challenge to join Top Walkers by setting your goal to \$1,000—everyone who reaches the \$1,000 goal by June 30th will receive a heart healthy prize from American Heart Association!

Can I still register and donate?

- Registration is open. You can register anytime at www.DSMHeartWalk.org
- Donations can be received online at www.DSMHeartWalk.org
- Checks made out to the American Heart Association can be uploaded via the free Heart Walk mobile app or mailed to 5000 Westown Pkwy, Suite 340, West Des Moines, IA 50266
- Cash donations can be scheduled for pick up with your AHA contact.

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