



#TCHearWalk

VIRTUAL Twin Cities Heart Walk - May 16, 2020

Follow Along with our Virtual Program

Enjoy many of your favorite walk elements including mascots, new Hall of Fame Inductees, health tips, and our "Who You Walk For" video with an original song.

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7:00 AM Welcome from Keith Marler & Kelcey Carlson, FOX 9 News

7-8:00 AM Health Tips & Warm-Up

8:15 AM National Anthem by Josh Hoaby

8:30 AM Mascots

8:45 AM Message from Heart Walk leadership

9:00 AM **WALK KICK-OFF**

9:30 AM David A. Ness Award winner announced

10:00 AM 2020 Hall of Fame Inductees announced

10:30 AM "Who You Walk For" Mission Moment Video

11:00 AM Finish Line Celebration

Noon Thank You



American Heart Association.
Heart Walk.

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QUESTIONS?

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