



American Heart Association.
Heart Walk.

VIRTUAL HEART WALK

Cross the virtual finish line with us! The reason *why* the Heart walk exists remains our beacon – to **celebrate heart and stroke survivors, raise lifesaving funds, and to encourage physical activity.** While this week-long virtual event signifies so much for our community, we know that it *takes a community to make an impact*, and we cannot stop now. Our lifesaving work and our mission are more important than ever. Heart disease and stroke continue to be our No. 1 and No. 3 killers in Hawaii and they forever change the lives of patients and their families.



**JOIN US AS WE BRING THE
VIRTUAL HILO HEART WALK
LIVE TO YOU ON 3/28/2020**

We're encouraging all participants to join us online for opening ceremonies and then ask that you join us for a week-long virtual experience with the Heart Walk! You will have the chance to share your photos, videos and comments on the Hilo Heart Walk Facebook event page or your favorite social media channels using #HiloHeartWalk

VIRTUAL HEART WALK DETAILS

We're looking forward to crossing the finish line strong with you by virtually sharing your Healthy at Home activities to eliminate heart disease and stroke. While we won't physically see you at Hilo Bayfront Park on March 28th, we want to see and hear your passion virtually!

Throughout the week the American Heart Association will have you follow along our Virtual Site Map to visit each booth and participate in fun, heart-healthy activities! You can interact with us each day by reporting your participation in the daily 'Call to Action' by:

- Email Joann.Yang@heart.org to let us know you participated! – Send pictures, videos or just a note to say, 'I participated today!'
- Post a comment, video or photo in our daily 'Call to Action' post on the Hilo Heart Walk Facebook Event page
- Post a comment, video or photo on your social media page and include #HiloHeartWalk

Visit these booths with us each day to learn something new and participate in a fun activity!

- Day 1: Opening Ceremonies
- Day 2: Fitness Zone sponsored by HPM Building Supply
- Day 3: Stroke Pavilion sponsored by Hilo Medical Center
- Day 4: Hydration Station sponsored by Big Island Toyota
- Day 5: Relaxation Station
- Day 6: Stretching and Youth Vaping
- Day 7: The Walk! Meet You at the Finish Line!



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