



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 single-day event signifies so much for our community, we know that it *takes a city 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. 2 global killers and they forever change the lives of patients and their families.



JOIN US AS WE BRING THE 2020 Virtual Syracuse Heart Walk LIVE TO YOU ON Sunday, April 19th

We're encouraging all participants to join us for opening ceremonies and then ask that you take a walk through your neighborhood or workspace as you support the American Heart Association. Please be sure to snap a selfie on your walk and post it to your favorite social media channels using #SYRHeartWalk.



VIRTUAL HEART WALK DETAILS

We're looking forward to crossing the finish line strong with you by virtually sharing your walk to eliminate heart disease and stroke. While we won't physically see you at SRC Arena & Events Center on Sunday, April 19th, we want to see and hear your passion virtually!

Every hour we are hearing new and innovative ways 2020 Syracuse Heart Walk teams are planning on celebrating virtually! Here are some ways YOU can **Heart Walk Where You Are**:



Run/Walk in your neighborhood and share to social media using:
#SYRHeartWalk



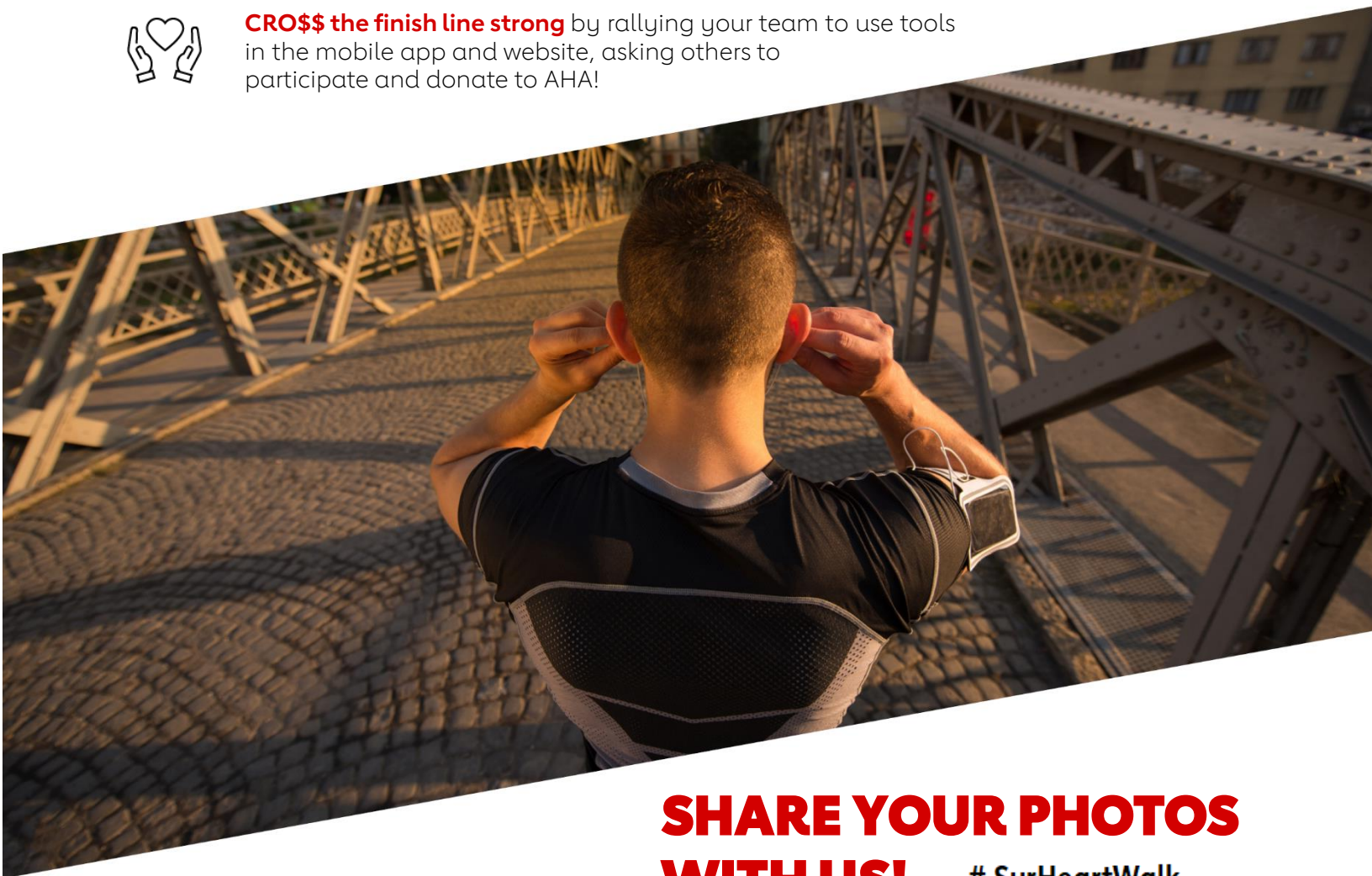
Share a sweaty selfie post-walk. When sharing to Facebook, claim your **VIRTUAL FINISH LINE** by updating your profile picture and selecting the Heart Walk Finish Line Frame!



Follow our **Facebook** and **Twitter** pages **@HeartCNY** and our **Instagram** page **@AHANewYork** for updates and tips to help you **Heart Walk Where You Are**



CRO\$\$ the finish line strong by rallying your team to use tools in the mobile app and website, asking others to participate and donate to AHA!



SHARE YOUR PHOTOS WITH US!

#SyrHeartWalk

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