



American Heart Association.  
Heart Walk.

# HEART WALK HERE

*Bring Heart Walk to your neighborhood!*



## SATURDAY OCTOBER 30

This year, you can **Heart Walk Here**, there or anywhere! We invite you to walk wherever you feel inspired. No matter where you choose to walk, participating and donating to Boston Heart Walk will save lives and improve lives.



Decorate a start line in your neighborhood with chalk, balloons or other fun decorations!

Host a block party and invite neighbors to join by posting the details to your neighborhood social media pages.



Choose a fun celebratory outfit to walk in and strut your stuff.

Join the fun on social media! Don't forget to tag us @AmericanHeartMA and use #BostonHeartWalk #HeartWalkHere



*When you share on Facebook, make sure you're sharing your posts with "Public" so we can interact with you!*

You can **Heart Walk Here**, there or anywhere.



### JOIN US TODAY!

Register [HERE!](#)



### SPREAD THE WORD

[Download Social Media Toolkit](#)



### PICK UP YOUR SWAG

Oct pick up: TBD  
Sept pick up: TBD



### GET MOVING

*Walk and Celebrate with Friends & Neighbors on Saturday October 30th*

# HEART WALK HERE



American Heart Association®  
Heart Walk®

Level 2



Level 3



Beth Israel  
Deaconess Medical Center

Medtronic

PWC

SBLI

Level 4

JPMorgan Chase

Sentinel Benefits

Friends of Heart

PTC

## *Through your support, we will:*



Fund more groundbreaking  
cardiovascular research



Provide support to improve overall  
health and mental well-being



Improve the quality of care for  
everyone, everywhere



Engage your family and friends by  
encouraging physical activity and  
healthy choices



## **MOVE & GROOVE**

**MOVE:** Leading up to your walk, you can join fun Move More challenges on our mobile app.

**GROOVE:** During your walk, listen to our **EXCLUSIVE** Heart Walk On Demand playlist available on 10/30/2021 on our Heart Walk website!

