



#TCHearWalk

VIRTUAL Twin Cities Heart Walk - May 16, 2020

How You can Join our Virtual Walk

We're looking forward to lacing up with you and walking virtually as a community to build a world of longer, healthier lives free of heart diseases and stroke. While we won't physically gather at Target Field on Saturday, May 16, we want to see and hear your passion virtually!

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



Start a TEAM and RAISE Lifesaving Dollars at twincitiesheartwalk.org for research, health policies and community education.



Claim your Virtual Survivor RED HAT or FINISH LINE Badge
Look for our Facebook Photo Frames. Instructions on Page 5.



WALK in your Neighborhood & SHARE on Social Media via #TCHearWalk
Jazz up your walk with family pics, chalk art messages, scavenger hunts etc.



CONNECT with other Walkers and CELEBRATE the collective journey
Follow along on [Instagram](#), [Twitter](#) & [Facebook](#) @HeartAssocMN



CRO\$\$ the Finish Line Strong - Share WHERE you walk and how FAR you go.
Track your distance with a mapping app and post a pic of your success.



American Heart Association.
Heart Walk.

Follow @HeartAssocMN



QUESTIONS?
twincitiesheartwalk@heart.org

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www.TwinCitiesHeartWalk.org