



American Heart Association®

Heart and Stroke Walk®

GRATITUDE SIDEWALK CHALK CHALLENGE

*Brought to you by Kaiser Permanente, a local sponsor
of the Heart and Stroke Walk*



**DEADLINE
EXTENDED**
To October 5

Show off your artistic side using sidewalk chalk!

Create a message of gratitude or inspiration for fellow Heart and Stroke Walk participants and teams. Get creative on your driveway, sidewalk, or whatever safe paved space you can find.

Share your work of art from September 28 through October 2 to be eligible for our FitBit giveaway!



How to Share

Take a photo and post publicly on social media with a short description. Tag American Heart Association Washington @AmericanHeartWA on your post, so we don't miss it.



FitBit Giveaway

Representatives from Kaiser Permanente, a sponsor for the 2020 Puget Sound Heart and Stroke Walk, will judge entries and pick a winner.



For full contest rules, visit **[PugetSoundHeartWalk.org](https://www.pugetsoundheartwalk.org)**