



American Heart Association.
Heart and Stroke Walk™

HERE

2021 Central Valley HEART AND STROKE

OCTOBER 23, 2021
TESORO VIEJO



This year, you can **Heart Walk Here**, there or anywhere! Choose our path or yours. The Central Valley Heart and Stroke Walk is back and ready to reinvigorate your heart healthy lifestyle by reuniting our community in better health.

We invite you to walk with us at our event or wherever you feel inspired. No matter where you choose to walk, participating and donating to Central Valley Heart and Stroke Walk will save lives and improve lives.



Choose our path or yours!



Signature Heart Walk Event. Our signature event is happening in person and walkers together to celebrate within American Heart Association and community health guidelines.



Heart Walk Campus Event. Pop-up your own campus Heart and Stroke Walk with your employees during the Week of Wellness or on Heart and Stroke Walk day. We have a guide for you to make hosting your own celebration event easy.



Neighborhood Start Lines. Participants can Pop-up their own start line in their neighborhood or local park and walk wherever they feel inspired.



#CentralValleyHeartWalk
#HeartWalkHere

HEART WALK HERE

About The Experience



MOVE MORE.

Kick-off your Heart Walk experience and get moving together with our new activity tracker and challenges located in the **Heart Walk App!**



GET A STEP AHEAD.

Heart Walk Wednesdays are a fun way in the final four weeks before the Heart Walk to give your team a boost towards their fundraising and Move More Challenge goals.



WEEK OF WELLNESS .

Exercise your mind, body and spirit with this **week of recognition** highlighting the successes and stories as we press on toward our fundraising goals.



CELEBRATE WITH US ON OCTOBER 23!

Heart Walk day is a celebration for all of us no matter where you walk!

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

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



GET YOUR GROOVE ON!

During your walk, listen to our **EXCLUSIVE Heart Walk On Demand playlist** available on **October 23** on our Heart Walk website!



American Heart Association®

Heart and Stroke Walk™

Thank you to our Sponsors!



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HEALTH

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