



American Heart Association  
**Heart Walk**



**2023 RICHMOND**

# HEART WALK

October 21, 2023 | Innsbrook

**I WALK TO SAVE LIVES. SO CAN YOU.**

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to eliminate heart disease and stroke.

**I walk to get my heart pumping.**

Keep hearts beating and brains healthy with every step. Get moving together with our new activity tracker and challenges.

**I walk to end heart disease and stroke.**

Put the lifesaving power of CPR into more hands and celebrate the sound of our hearts beating as one.

**I walk to save lives.**

Fund lifesaving research that leads to medical breakthroughs and saving lives right here in our community.

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Live Fierce. Life is Why



**Sign up, Step out and share your personal WHY.**

