



American Heart Association.
Heart Walk.®

#sneheartwalk and cross the finish line strong!

We're looking forward to seeing your healthy at-home experience to celebrate the work of the American Heart Association and your commitment to better health. While we won't physically see you on Sunday, May 31st, we want to see and hear your passion socially through your healthy at-home experience.

Here are some ways YOU can #sneheartwalk:



Sign up at sneheartwalk.org and follow the SNE & SC Heart Walk Facebook Event to help you #sneheartwalk.



Get active and share your pictures using hashtag **#sneheartwalk** and tag **@sneheart**. Celebrate virtually by going for a walk, run, dance in the living room- whatever you prefer to get active!



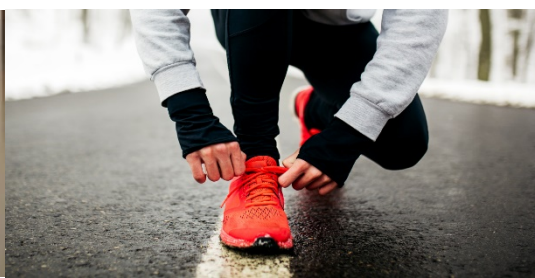
On **May 31st**, head to the Facebook Event Page to start your morning and join our celebration with our kick off program at 10 AM to the starting line hosted by Dan Jaehnig from WJAR NBC 10.



Tune in to Coast 93-3 FM from 10 AM – 12 PM for the American Heart Association Virtual Heart Walk Takeover. Tribute songs can be requested at Coast933.com/mixtape.



Don't forget to share your fundraising page on social media or you can 'Text to Give' by texting **'SNEWALKS'** to **41444**.



VIRTUAL HEART WALK PROGRAM

- 9:00 a.m. **Virtual Check In/Registration Begins**
Head to the [Facebook Event Page](#) & Start Your Day with @SNEHeart! There you will find tips and updates to help you walk where you are during our Virtual Check In!
- 9:15 a.m. **What's Your Why?**
Remembering our heart champions.
- 9:45 a.m. **Registration Warm Up!**
Lace up & join our all ages friendly warm up before the program!
- 10:00 a.m. **2020 Official Program Kick Off!**
Hosted by WJAR NBC 10, News Anchor, Dan Jaehnig, we will kick off the official countdown to the starting line! You will hear from Board Chair, Renee Aloisio, an incredibly brave CHD Survivor, Ben Darling and his family, as well as the amazing vocals of Shana LiBassi, MSPAS, PA-C as she sings the National Anthem! You do not want to miss this! Then take a walk outside, hop on your treadmill, or have a living room dance party while following current social distancing guidelines!
- American Heart Association Tribute Tune Takeover Goes Live!**
Visit Coast933.com/mixtape to submit your special song dedicated to the hearts we walk for! Tune in from 10:00 AM to 12:00 PM on Coast 93.3 FM to listen!
- ALL DAY **Interact LIVE with @SNEHEART!**
Continue your virtual heart walk with the Southern New England American Heart Association and thousands of others across our region as you participate in your healthy at home activities! Throughout the morning there will be engaging videos, survivor stories, and fun activities to participate in! Don't forget to share your pictures to be featured on @sneheart social media pages! Upload your pictures using hashtag #sneheartwalk and tagging @sneheart, and one lucky selfie will win a donated \$100 gift card to Cranston's New Balance store sponsored by iHeart Radio!
- 1:30 p.m. **Finish Line Celebration!**
While we may not be able to be together, virtually we will cross the finish line strong!
- 1:35 p.m. **Yoga Cool Down**
YOU DID IT! Now it is time to stretch it out with our virtual yoga cool down!
- 2:00 p.m. **Virtual Heart Walk Concludes**
Participants can continue throughout the day to share photos, videos & Text "SNEGIVES" to 41444 to Donate if you can!

While the walk is now virtual, one thing hasn't changed – a focus on the mission and our heart and stroke survivors! Did you know this community is at a higher risk of complications from COVID-19? That means they need us now more than ever and we need to continue to raise the important funds necessary to fight heart disease and stroke.

We thank you for your support of our mission and our new virtual event! We are excited as the prospect of building something new, engaging with our communities and making this event a true success.

More ways to walk where you are:

- Take a walk outside (while following current social distancing guidelines).
- Get the [whole family involved](#) and have an indoor dance party.
- Try out a few strengthening exercises like push-ups, lunges, and squats.
- Create an [at home circuit workout](#).
- Upload your videos and pictures by using hashtag #sneheartwalk tagging @sneheart. Make your posts public so we can reshare!
- Do not forget to post pictures of your pet pals!
- Follow along on @sneheart [Facebook Event Page](#), Twitter and Instagram! Comment, like & share your story or who you are walking for!
- Print out a [virtual #sneheartwalk bib](#) and wear it!
- Change your Facebook Profile Picture on the day of the walk at the starting & finish line!
 1. Hover over your profile photo click "Add New" to and select "Update" then "Add Frame"
 2. In the search box, type in "Southern England and South Coast Virtual Heart Walk"
 3. Select "Use as Profile Picture" to save!

Can I still register and donate?

Registration is open! You can register anytime at www.sneheartwalk.org. Donations can also be received online at www.sneheartwalk.org or by **texting 'SNEWALKS' to 41444** to donate! Any check donations can be made out to American Heart Association and uploaded via the free Heart Walk mobile app or mailed to 1 State Street, Suite 200, Providence, RI 02908.

THANKS TO OUR VALUED 2020 SPONSORS:



MEDIA SPONSORS:

