

# JOIN OUR CAPE FEAR HEART WALK TEAM!



## CHHS WALKING WITH HEART

**Saturday, October 26, 2019 • 9 a.m.**  
**UNCW Almkuist-Nixon Building Lawn**

### WHY HEART WALK?

One in three Americans has some form of cardiovascular disease and stroke is the leading cause of disability in the United States. We can change this by walking and raising funds for the American Heart Association. Our mission is to build healthier lives, free of cardiovascular diseases and stroke.

### WALKING OR DONATING ONLY TAKES TWO EASY STEPS!

- 1 Visit our web page: [www2.heart.org/goto/CHHSWalkingWithHeart](http://www2.heart.org/goto/CHHSWalkingWithHeart).
- 2 Click the “Join this Team” button and follow the prompts to register.

**OR** Click the “Donate to this team” button and follow the prompts to donate.

Once you’ve joined the team, your help is needed to reach the team fundraising goal. The American Heart Association provides all the tools, including your personal fundraising page.

### QUESTIONS?

**Contact co-captains:** Adam Nelson ([nelsona@uncw.edu](mailto:nelsona@uncw.edu)) and Stephanie Turrise ([turrises@uncw.edu](mailto:turrises@uncw.edu))

