

# Save the Date

## What

2022 Capital Region Heart Walk

## Date & Time

September 18, 2022

Check In 12:30 PM

Walk Starts 2:00 PM

Length of Walk 5K and 1 Mile

## Where

City Island

245 Championship Way

Harrisburg, PA 17101

Leashed pets  
welcome!

Being a Heart Walk Hero is Easy as 1, 2, 3!

### 1 Register today at [2022 Capital Region Heart Walk](#)

- Click on "Register to Walk" to register a team or join as an individual.
- Invite your coworkers and friends to join you.

### 2 Get Personal

Kick off your team's fundraising by making your personal donation.

- Customize your page with your story and pictures to make it personal.

### 3 Get Digital

- Connect your fundraiser page to Facebook.
- Download the Heart Walk mobile app.

For help with your fundraising needs, walker recruitment and engagement or any questions, please reach out to Ann!



American  
Heart  
Association.

Heart Walk.

717-730-1766 or [ann.shields@heart.org](mailto:ann.shields@heart.org)

