

UPCOMING EVENTS



2018 PUGET SOUND HEART AND STROKE WALK

We believe all people deserve to live in a world free of cardiovascular diseases and stroke. A world where everyone has the opportunity to build healthier lives for themselves and their families. We are making tremendous progress, but we cannot do it alone. Help us raise heartbeats and funds through our annual Puget Sound Heart and Stroke Walk. Celebrate with us at this non-competitive 5K walk/run that includes a family and dog-friendly health expo too!

Join a team, start a team, or make a donation at www.pugetsoundheartwalk.org

Contact Information: Jordan Perry at jordan.perry@heart.org or 206.336.7203

Date: Saturday, October 13, 2018
Time: 7:30am - Festival Opens
Locations: 8:30am - Opening ceremonies
 Seattle Center 9:00am - 5K & 1-mile walks

Local Life & My Sponsor: CHI Franciscan Health, PREMIERA
 Heart of Your Community Sponsor: TELADOC, SWEDISH, UW Medicine
 Locally Sponsored by: TELADOC, SWEDISH, UW Medicine, etc.



PUGET SOUND HEART AND STROKE WALK
SATURDAY, OCTOBER 13, 2018
 SEATTLE CENTER • 7:30 A.M. FESTIVITIES | 9:00 A.M. 5K WALK/RUN & 1 MILE WARRIOR WALK

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Be a Heart and Stroke Walk Hero. You're a Heart and Stroke Walk Hero. This year, by signing up, walking, and donating, you help us fund life-saving science. Walking also means your heart healthier. So get started, give the heart and stroke walk and get yourself on the list, and hug your heart all the same time.

Register your team today at pugetsoundheartwalk.org • Contact king.walk@heart.org or 206-336-7203

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