27th Annual Sacramento Heart and Stroke Walk

Join the Health Management and Education Team: *Keep the Beat*

To register, visit [www2.heart.org/goto/KeeptheBeat2018](http://www2.heart.org/goto/KeeptheBeat2018) or call 916-731-6820

We’re not just walking. We’re “heart-walking!” The Heart and Stroke Walk promotes fun ways to be physically active and to make healthier choices every day. Imagine the impact if we reduce death and disability from cardiovascular diseases and stroke by 20 percent by 2020!

**Please help us reach this lifesaving goal by joining our team today.**

Together, we can make healthier, longer lives possible for everyone.

Thank you in advance for your support!

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**September 29th, 2018**

**8:30 a.m.**

**William Land Park**

**Event Features**

- 5K Route
- 1 mile Route
- Health Expo
- Snack Booths
- Survivor Caps
- Live Entertainment
- Team Photos
- Kid’s Zone
- **No registration fee**
- **Fundraising encouraged, not required**

**Become a Top Walker (raise $1000) and join us in the VIP Tent to enjoy**

- Hot breakfast and refreshments
- Chair Massages
- Comfortable VIP Seating
- Heart Walk prize of your choice