



American Heart Association.  
Heart Walk.

# 2021 METRO JACKSON HEART WALK

SATURDAY, NOVEMBER 13, 2021  
MISSISSIPPI MUSEUM OF ART  
OPENING CEREMONIES: 8:00 AM

## You can Heart Walk Here, there or anywhere.

The Metro Jackson Heart Walk is back and ready to reinvigorate your heart healthy lifestyle by reuniting our community in better health! This fall, the American Heart Association is bringing you Heart Walk Here, a new Heart Walk experience offering different ways to participate for maximum flexibility. You can Heart Walk Here, there or anywhere. Choose our path or yours!



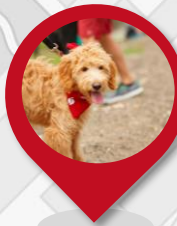
### SAVE LIVES

Together we are fighting for the health & wellbeing of our community



### LACE UP WITH US

Get moving together with our new activity tracker and challenges



### CONNECT EASILY

Our upgraded all-digital platform makes it easy to connect, share and get rewarded



### CELEBRATE

Join us on November 13 to recognize all we have accomplished together

### JOIN A MILLION WALKERS

By offering different participation options, we're going to reach more people than ever



### TEAM CAMARADERIE

Nothing unites a team like doing good together

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# LET'S GET STARTED!

Heart Walk Made Easy!



Participating in the Heart Walk is about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds – and having fun along the way. This year's event invites you to Heart Walk Here with us in person or wherever you feel inspired on November 13, 2021.



**START (OR JOIN) A TEAM.** Register today at [www.metrojacksonheartwalk.org](http://www.metrojacksonheartwalk.org) for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



**RAISE FUNDS & SAVE LIVES.** Start Fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations.



**LET US CELEBRATE YOU!** The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear and show your support of the American Heart Association all year long!

## SHARE THE <3 ON SOCIAL MEDIA!

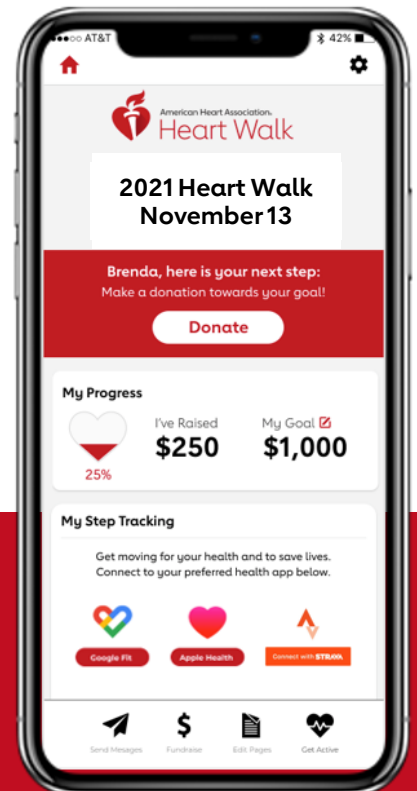
Looking for sample social media text to include on your own pages? Copy and paste one of these!

*This year I'm excited to host my own Heart Walk supporting the American Heart Association! I hope you'll join me at the MS Museum of Art on November 13, 2021, at 8:00 AM. We're going to be showing our support in the fight against the number one killer of Americans and having a lot of fun while we do it! Join me! #HeartWalkJXN*

[www.metrojacksonheartwalk.org](http://www.metrojacksonheartwalk.org)



MOVE MORE CHALLENGE



**Download the Heart Walk App to Join the Move More activity challenge and kick off your fundraising.** You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking 30 days before the Heart Walk!