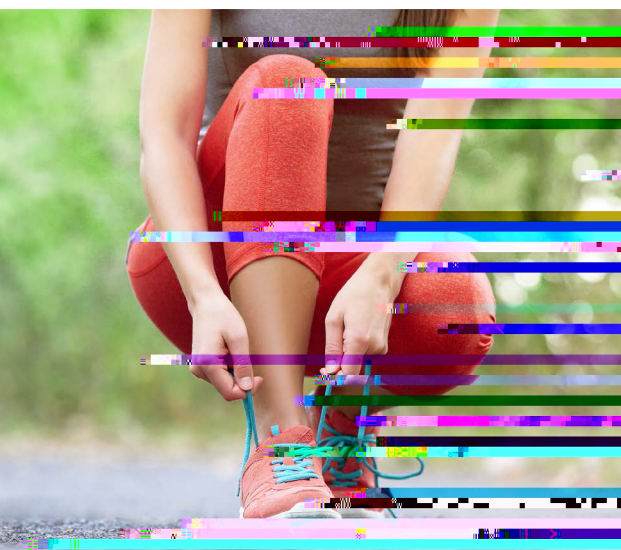
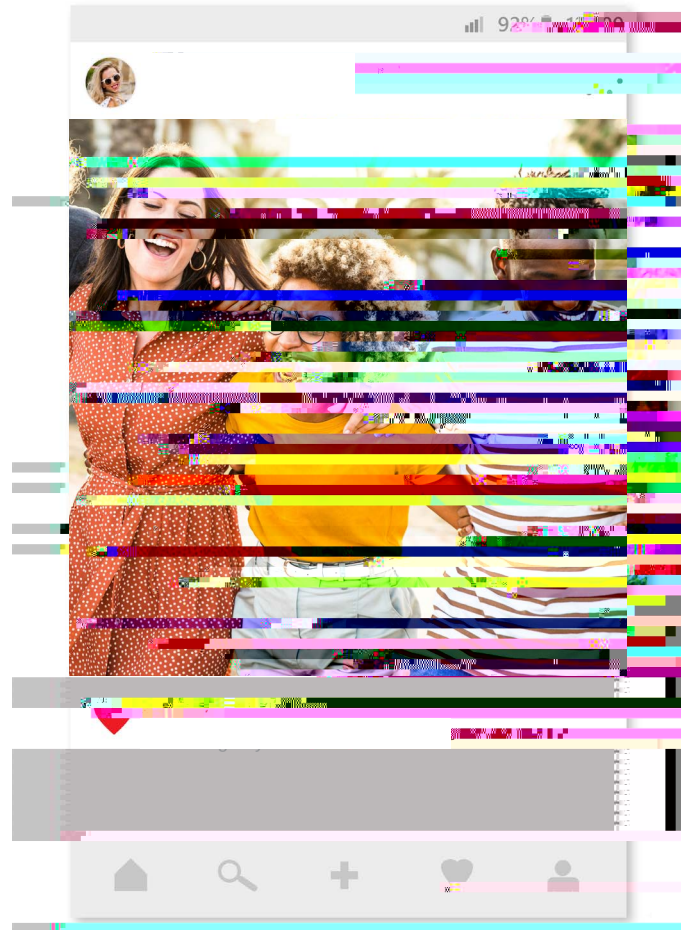


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- **#WalkingDay** share an Instagram story, Reels, Facebook post, Tweet (X), or TikTok showing you on a walk, or get creative to make your walk even more fun:
 - o Ask colleagues, friends or family to join you.
 - o If you work remotely, take a conference call on the go.
 - o If you have a pet, get moving together! Walking is a win-win for the health of you and your pet.
- **#WalkingDay** feel free to share directly from our social media channels!
- share **#WalkingDay** with your followers and add a sticker to your content encouraging donations to the AHA.



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- - o Facebook:
 - o Instagram: and feel free to use the collab feature!
 - o LinkedIn:
 - o TikTok:
 - o X (Twitter):