

Register today!

www.pdxheartwalk.org/peninsulawalk



**Peninsula
Heart and Stroke
WALK**

June 3, 2023

3-mile route | 1-mile survivor route

www.pdxheartwalk.org/peninsulawalk

Start a Team

1. Choose a Name
2. Select Peninsula Heart Walk under company drop down menu
3. Select “heart walk” for location

Join a Team

1. Select the Team you’re joining
2. Select “heart walk” for location

Questions? Call **360-642-6330** Email rcassidy@oceanbeachhospital.com

Discovery Trail, East End near Coho Charters
9:30 AM kick off, 10:00 AM walk starts

American Heart Association 2023 HEART & STROKE WALK EXPERIENCE

Move more to save lives!

This year will be the biggest Heart & Stroke Walk you've ever seen. The Heart & Stroke Walk Experience is designed to get more people moving across Oregon & SW Washington while raising funds to save lives. Together, we will make the world a healthier place, but we can't do it alone. We need you. Sign up. "Lace up". And, say yes to health.



JOIN OUR COMMUNITY OF WALKERS

By moving the action online and in person, we're going to reach more people than ever



TEAM CAMARADERIE

Lead a team of walkers by becoming a Team Captain!



LACE UP WITH US

Get moving together with our activity tracker and healthy challenges



SAVE LIVES

Help the 40% of COVID hospitalizations that are heart or stroke patients



CELEBRATE

Join us on Walk Day to recognize all we have accomplished together



CONNECT EASILY

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

Important Dates!

Kickoff/Rally Day
April 1st at 10AM
Ilwaco Fire Department

OBHMC Long Beach Walk
June 3, 2023
Discovery Trail

AHA Portland Walk
June 3, 2023 at 7:30AM
Tom McCall Waterfront Park

Virtual Option
Walk where you are, 3 miles or 1 mile!



JOIN US TODAY!

REGISTER HERE:

[https://www2.heart.org/site/TR?fr_id=7983&pg=compan
y&company_id=411721](https://www2.heart.org/site/TR?fr_id=7983&pg=compan&y&company_id=411721)

Create a team or register as an individual.

OBHMC Contact

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