



*Bring your family and friends to enjoy a
non-competitive 5K Walk, 1 mile Survivor
Path, Kids Zone,
Health and Wellness Expo, Live
Entertainment, VIP Tent and much more!*

National Sponsor:



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Local Stroke & Brain Health Impact Sponsor:



My Heart. My Life.™

Heart Walk.®

**2015 Inland Empire
Heart & Stroke Walk**
September 19
Rancho Jurupa Park
Health Fair opens at 7am
Program and Walk begin at 8:30am

**Visit www.ieheartwalk.org
for details!**

Local Sponsors:



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Registering for the Heart & Stroke Walk is easy!



Heart Walk®

1. Go to www.ieheartwalk.org
2. Click the **Register and Join the Walk** button.
3. Choose Your Role by clicking on **Start a Team, Join a Team** or **Join as an Individual**.
 - a) If you are a Team Captain click on **Start a Team**, find and choose **"Community Teams - Inland Empire"** in the company name drop down. Name your team and set a fundraising and team member goal.
 - b) To Join a Community Team search for **"Community Teams—Inland Empire,"** find the team you want to join and click Join Team.
 - c) To **Join a Company Team** search for **your company** in the Company Drop-down, then click **Select**.
 - d) To **Join as an Individual** select that option and let us know if you are new or a returning participant. Follow the prompts on the screens.
4. Share your Why, make a personal gift, set your goal and complete your registration!



Bring your family and friends to enjoy a non-competitive 5K Walk, 1 mile Survivor Path, Kids Zone with fun heart healthy activities, trivia, and games, Health and Wellness Expo, Live Entertainment, VIP Tent, and don't miss out on taking photos with a Batmobile!

About the Heart & Stroke Walk

The Inland Empire Heart & Stroke Walk celebrates survivors and those who have made lifestyle changes and encourages many more to take the pledge to live healthier lives while raising the dollars needed to fund life-saving research and initiatives in our local community. We need your support! Join us this year! Bring your energy, your passion and your stories....**let your footsteps be heard!**