

Join Phoenix Heart Walk on March 19th to Promote Heart Health

Written by AZFoothills.com

Monday, 07 March 2022 11:13 -



The American Heart Association, the leading voluntary health organization focused on heart and brain health for all, is inviting Phoenix back to its premier event to boost physical and mental health through healthy habits while supporting the lifesaving mission. On Saturday, March 19th at 9 a.m., Phoenix area Heart Walk participants and teams are invited to Wesley Bolin Memorial Plaza to celebrate heart and stroke survivors, raise lifesaving funds and encourage physical activity. This year's theme, **Heart Walk Here**, invites participants to walk on the event path or to create a path of their own. From parks and parkways to tucked away trails, participants are invited to Heart Walk at any location that inspires their heart health. **Heart Walk Here** is led by Tom Grote, CEO of Banner|Aetna.

"The Phoenix Heart Walk is all about promoting the health and well-being of our community and supporting the American Heart Association's lifesaving mission," said Tom Grote. "Heart health is important for everyone and no matter what physical activity you choose, it's a common cause we can come together for."

To register, visit www.phoenixheartwalk.org. From there, participants can stay up to date by downloading the Heart Walk mobile app and encourage friends and family to join in via e-mail or on social media. Those walking on Heart Walk on a path of their own, can follow the festivities through the event hashtag, #PHXHeartWalk. The Phoenix Heart Walk is sponsored by Banner|Aetna, Desert Financial Credit Union and McCarthy Building Companies, Inc.

The Phoenix Heart Walk is the signature event of the American Heart Association's Heart Challenge program which is designed to help companies positively impact employee overall health and wellbeing. The program is anchored in a series of customizable workplace events that inspires employees to be more engaged, reconnect with colleagues, get in their physical activity, support a great cause and have a lot of fun doing it.

The funds raised from the Phoenix Heart Walk go towards research, advocacy, CPR training and to promote better health in support of the Association's 2024 [Health Equity Impact Goal](#), reducing barriers to health care access and quality. Visit www2.heart.org to learn more.