

The **NAWIC HAS HEART** team is back! We are not just walking, we are Heartwalking, in this year's **26th Annual American Heart Association Phoenix Heart Walk on Saturday, April 7th!**

I know many of you participate in this event through your company, but for those who don't, I hope you will join the **NAWIC HAS HEART** team, Saturday, March 30th in downtown Phoenix. Feel free to invite friends, family and co-workers. I am sure it will be an enjoyable spring day. It is free to walk, but donations are appreciated.

The event will start at CityScape again this year, to make it easier for those who would like to use the light rail. The actual course and parking information has yet to be provided, but I will share as more information becomes available.

American Heart Association 2019 Phoenix Heart Walk

Where: CityScape – Downtown Phoenix

When: Saturday, March 30, 2019

Time: Opening Ceremonies were at 8:30 and the Walk began at 9:00 AM (3-mile and 1-mile route options)

To register for the 2019 Phoenix Heart Walk

visit: http://www2.heart.org/site/PageServer?pagename=heartwalk_register&fr_id=3983

- Click the **“Join a Team”** button in the middle of the page
- Either Join as a **“New Participant”** or **“Returning User”**
- Enter **“NAWIC Has Heart”** in the **“Team Name”** field
- Click **“Search for a Team”**:
- Click **“Join”** and you are on your way to registering for the **NAWIC Has Heart** team

If you cannot attend but would still like to make a team donation, the link to the **NAWIC HAS HEART** team page is:

http://www2.heart.org/site/TR/HeartWalk/WSAWesternStatesAffiliate?team_id=481918&pg=team&fr_id=3983

When you join the Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping save lives!

The funds you raise in the Heart Walk will support projects like these:

- **Putting up-to-the-minute research into doctors' hands** so they can better prevent and treat heart disease among patients.
- **Groundbreaking pediatric heart and stroke research.** About 36,000 babies are born with heart defects each year —research is the key to saving babies' lives.
- **Getting life-saving information** to those who need it most – information that can save a life, like how to eat better, how to recognize the warning signs of heart attack, and how to talk to a doctor about critical health choices

If you have any questions, please feel free to contact Linda Austin at linda.austin@aecom.com