

WALK FOR A CURE

CHILDREN'S CARDIOMYOPATHY FOUNDATION



VIRTUAL AWARENESS WALK SEPTEMBER 2020

Celebrate Children's Cardiomyopathy Awareness Month by joining Team CCF as we safely walk for children with cardiomyopathy.

This year's virtual walk gives you the flexibility to participate wherever and whenever it is most convenient for you and your team.

PARTICIPATE

- 1 **REGISTER** or **DONATE**
childrenscardiomyopathy.org/walk2020
- 2 **FORM A TEAM** or **JOIN A TEAM** or **PARTICIPATE AS AN INDIVIDUAL**
- 3 **SET UP A FUNDRAISING PAGE**
justgiving.com/campaign/ccfwalk2020
- 4 Download **CCF'S GET WALKING PLAYLIST** and have fun walking on your own or with your team

PROMOTE

- 1 **EMAIL YOUR NETWORK** explaining why you are walking and link to your fundraising page
- 2 Share your message and fundraising link on **SOCIAL MEDIA** using the hashtag #ItTakesATeam and tag @CCFHeartKids
- 3 **POST PHOTOS OF YOUR PROGRESS** as you train, and **SHARE A LIVE VIDEO** as you walk in your neighborhood or at home

All walk proceeds will go towards funding CCF's Family Assistance Program and family support services.



Children's
Cardiomyopathy
Foundation

IT TAKES A TEAM TO DEFEAT CARDIOMYOPATHY

866.808.CURE • #ItTakesATeam • @CCFHeartKids • childrenscardiomyopathy.org/walk2020

