

WALK FOR A CURE

CHILDREN'S CARDIOMYOPATHY FOUNDATION



2022 AWARENESS WALK

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

You have the option of organizing an in-person community walk or planning a virtual walk that allows you to participate whenever it is most convenient for you and your team.

PARTICIPATE

- 1 **REGISTER** or **DONATE**
childrenscardiomyopathy.org/walk2022
- 2 **FORM A TEAM** or **JOIN A TEAM** or **PARTICIPATE AS AN INDIVIDUAL**
- 3 **SET UP A FUNDRAISING PAGE**
<https://bit.ly/CCFwalk2022>
- 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



Children's
Cardiomyopathy
Foundation

IT TAKES A TEAM TO DEFEAT CARDIOMYOPATHY

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