

Experience the AHA Year-Round

Please note that during the COVID-19 pandemic, locations for all events are pending current CDC and local County Health Department guidelines. Experience the campaigns by visiting respective websites.

Check It! CNY • February to May, 2022 | Region-wide

From the Southern Tier to the North Country, be a part of our community-wide, free four-month initiative to lower blood pressure readings. For information, call (315) 783-7901.

National Wear Red Day® • February 4, 2022 | Region-wide | www.WearRedDay.org

Kicking off American Heart Month in February, join companies, organizations, schools, media and neighborhoods across America in wearing and lighting red to show your support for women with heart disease.

Syracuse Hard Hats with Heart • Syracuse | SyracuseHardHats.heart.org

The fourth annual networking event for those in the construction and trade industries, drawing attention to the increased rates of cardiovascular diseases in these fields. For information, call (315) 728-7547. Connect with us using #SyrHeartWalk.

Southern Tier Heart Challenge • April 3, 2022 | SouthernTierHeartWalk.org

A non-competitive walk featuring family-friendly events and a one or three-mile course caps our year-round campaign to improve community heart health. Join more than 2,000 people from throughout the Southern Tier to raise funds to help fight heart disease and stroke while getting exercise for your own health. For information, call (570) 815-4243. Connect with us using #BingHeartWalk.

Syracuse Heart Challenge • April 24, 2022 | SyracuseHeartWalk.org

A non-competitive walk featuring family-friendly events and a one or three-mile course caps our year-round campaign to improve community heart health. Join more than 3,500 people from throughout the Syracuse area to raise funds to help fight heart disease and stroke while getting exercise for your own health. For information, call (315) 728-7548. Connect with us using #SyrHeartWalk.

North Country Heart Challenge • April 30, 2022 | NorthCountryHeartWalk.org

A non-competitive walk featuring family-friendly events and a one or three-mile course caps our year-round campaign to improve community heart health. Join more than 1,000 people from throughout the North Country to raise funds to help fight heart disease and stroke while getting exercise for your own health. For information, call (315) 783-4116. Connect with us using #NCHeartWalk.

American Stroke Month • May 2022 | Region-wide | www.Stroke.org

Join companies, organizations, schools, media and neighborhoods across America in raising awareness around knowing the signs of a stroke and how to respond using F–face drooping, A–arm weakness, S–speech difficulty, T–time to call 911.

National CPR and AED Awareness Week • June 1-7, 2022 | Region-wide | heart.org/HandsOnlyCPR

During this week, everyone is encouraged to learn how to save a life with Hands-Only CPR.

Syracuse Go Red for Women Luncheon • October 13, 2022 | Syracuse | SyracuseGoRed.heart.org

Celebrating its 19th anniversary year, this powerful event brings together female leaders from throughout the community to help fight against heart disease, heightening awareness of the issue and empowering leaders to educate others about the movement. For information, call (315) 728-7547. Connect with us using #GoRedSyracuse.



Why we do what we do...

Our mission: To be a relentless force for a world of longer, healthier lives.