

# WALK FOR A CURE

CHILDREN'S CARDIOMYOPATHY FOUNDATION



## 2025 AWARENESS WALK

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

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

### PARTICIPATE

- 1 Determine if you want to plan a live **COMMUNITY WALK** or **VIRTUAL WALK** [childrenscardiomyopathy.org/walk](https://childrenscardiomyopathy.org/walk)
- 2 **FORM A TEAM** or **JOIN A TEAM** or **PARTICIPATE AS AN INDIVIDUAL**
- 3 **SET UP A FUNDRAISING WALK PAGE** <https://give.childrenscardiomyopathy.org/walkforacure>
- 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 walk page
- 2 Share your message and fundraising link on **SOCIAL MEDIA** using the hashtags #ItTakesATeam and #GoTheDistance as well as tag @CCFHeartKids
- 3 **ORDER A "IT TAKES A TEAM" TSHIRT** to get into the spirit
- 4 **POST PHOTOS** and **SHARE A LIVE VIDEO** as you prepare for your walk and on the day of your walk