

Share your Heart Walk involvement with your Facebook Friends!

Use Facebook to assist your fundraising efforts to build healthier lives, free of cardiovascular diseases and stroke

Post status updates and send personal inbox messages directly through Facebook asking your friends and family to help you raise funds to support your Heart Walk efforts.

I have raised \$150 for the American Heart Association's Heart Walk toward my goal of \$300. Make a difference by supporting me with a donation to help fight against our nation's number one killer - heart disease!

<http://.kintera.org/faf/donorReg/donorPledge.aspx?event=336447&lis=1&kntae336447=4A553202C1BA400BB00F88E0D4...>

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Heart Walk 2010-2011

Here are some suggested messages to help get you started: Don't forget to include a link back to your personal donation page on the Heart Walk website.

1. I am participating in the Heart Walk in [location]! Please support me with a donation [or join my team] today and help build healthier lives, free of heart disease and stroke.
2. If you could help to save lives, would you? Join me today for the American Heart Association's Heart Walk.
3. I have raised \$[X] for the American Heart Association's Heart Walk toward my goal of \$[X]. Make a difference by supporting me with a donation to help fight against our nation's number one killer - heart disease!
4. [Name of donor] just made a donation to help build healthier lives, free of heart disease and stroke. Can you join the fight with us and make your donation to support me today?
5. I just raised another \$[X] toward my goal of \$[X]. Will you help me reach my goal with a donation today?

OR Write your own message. What's your personal reason for taking part in your local Heart Walk? Tell your friends why it's important to you personally to gain their support.

Also, your personal Heart Walk fundraising website has a tool to help you post Facebook statuses and direct your Facebook friends back to your HQ to join your team or donate to your efforts. Instructions are located under <http://startheartwalk.org> > Participant Tools > Social Networking Tools > How to update your Facebook status and tweet from your Participant Headquarters.

Good luck with your fundraising efforts. We appreciate all you do to use as many tools as possible to achieve your goal.

