

# *The 9<sup>th</sup> Annual Red Heart Walk*

*Thursday, February 16th*

*11:30 a.m. – 12:30 p.m.*

*Sponsored by Hermann Area District Hospital*

The Walk starts and ends at Hermannhof Winery  
and can be completed in 15-20 minutes.

Participants will learn more about **HEART HEALTH**  
so please join us!

## *Want to Participate?*

Heart Healthy Brown Bag Lunches are available after the walk by providing a donation. Proceeds will benefit the Food Pantry.

If you would like a brown bag lunch, please register by calling 486-2041,  
or email [slandolt@hadh.org](mailto:slandolt@hadh.org), by February 3rd.

If you're interested in only walking (no lunch), simply show up at Hermannhof that  
day to begin the Heart Walk!

**Hermann Area**  
**District Hospital**  
**HADH.org**



*HADH Annual Red Heart Walk*  
*"Support your health"*