



Heart Health Swim Challenge

Take part in a fun, aquatic event to raise awareness for heart health!

Swimmers can participate in a friendly competition that spans two months with the goal of swimming the farthest distances of New York. Can you make it to Rome, NY, which is roughly 95 miles away? Keep track of your progress on the whiteboard located by the Aquatics office, and compete with others to earn special prizes, which will be awarded to the top three swimmers with the most distance covered. Join in the fun, and support heart health awareness!

Every 30 minutes equals 1 mile in the water.

Your donation supports the American Heart Association's investment in research, education, and community outreach.

**For more information, please contact
Patty Scotto**
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607-306-2100 x110

March 1 to April 28

The winners of the challenge will be announced after the contest comes to a close.

\$50 Minimum Donation

All participants must register at the front desk and show receipt of donation.



Scan the QR Code to Donate!

You can donate to the Southern Tier Heart walk by scanning the code or visiting our team page here:
<https://bit.ly/LHFHeartWalk>

All proceeds benefit the American Heart Association.



American Heart Association.
Heart Walk.



**Lourdes
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