Portland State University has helped the American Heart Association (AHA) generate enough funds to support over $10 million in cardiovascular disease and stroke research grants for Oregon and Washington. How? By participating in the AHA’s Annual Heart & Stroke Walk. Last year, we raised a little over $3,000.

This year, the Heart Walk is Saturday, May 16, 2015 at the Portland International Raceway. We need your support in order to reach this year’s goal!

**Heart Walk Goal Recap**
- Recruit 15 Team Captains
- Register 150 Walkers
- Raise $5,000 for the cause!

To register as a walker/team captain or simply donate to the PSU Heart & Stroke Walk team, [click here.](#)

**Please register by February 28th.**

- If you are not able to participate as a team captain or a walker, please consider making a donation to help us reach our goal. If everyone contributes a small amount, we can make a BIG difference!

**More Information**
- Our new *Life is Why* campaign demonstrates the importance of finding your reason for being healthy. [Click here to view the Life is Why video.](#)
- [Heart research at PSU – Rahul Raghavan, PhD](#)
- [The American Heart Association in Oregon](#)

Your participation in this important effort is appreciated. Thank you for your time and consideration.

Sincerely,

Kerry Gilbreth