British Heart Foundation Cymru



Walk for Hearts

Sign up to power lifesaving research.

Whether it's 28, 50 or 100 miles in a month, every step you take in February helps us tackle cardiovascular disease - the world's biggest killer. A short stroll in the park, a trip to the shops, or a longer walk with friends — every step adds up. It's your challenge, so you choose when and where you get your miles in.

To find out more search BHF Walk For Hearts or scan the code opposite

Registered with FUNDRAISING REGULATOR

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