



American Heart Association.
Heart Walk.

Join the BRDNA Team at the
2026 CAPITAL AREA
HEART WALK



Saturday, April 25, 2026



8:00AM – Event Opens

9:15AM – Walk Begins



Route Options: 5K Walk & 1-Mile
Survivor Loop



Blue Roots

200 South River Road
Baton Rouge, LA

REGISTER NOW



Walk to save lives alongside
your fellow BRDNA members.

- ♥ Register for the walk
- ♥ Join the BRDNA **team**
- ♥ Invite colleagues, friends, and family
- ♥ Support lifesaving heart **research**

JOIN THE BRDNA TEAM

Heart disease is the #1 killer of women and nurses are on the front lines of prevention, education, and healthier futures.

Together, we can make a difference —
one step at a time. ♥♥

