



JOIN THE SOUTHEAST TEXAS CHAPTER OF ARN

Houston Heart Walk 2026: Walk With Us. Volunteer With Us. Make a Difference.

Saturday, October 24, 2026

Houston Heart Walk



TMC Helix Park

1885 Old Spanish Trail

Houston, TX 77030

The Southeast Texas Chapter of the **Association of Rehabilitation Nurses (ARN)** invites our members to join us for a special **community engagement volunteer opportunity** at the Houston Heart Walk!



WHY THE HEART WALK MATTERS TO REHABILITATION NURSES

As rehabilitation nurses, we care for many individuals whose lives have been affected by **stroke and cardiovascular disease**. Our work extends beyond the rehabilitation setting—we also have an important role in promoting **prevention, healthy lifestyles, education, recovery, and quality of life**.

By volunteering at the Heart Walk, we can support the American Heart Association's mission while representing rehabilitation nursing in our community.



VOLUNTEER OPPORTUNITIES

There are many ways to participate! Volunteer roles may include:

Event Support

- Help with event setup and cleanup
- Distribute water to walkers
- Hand out survivor medals
- Cheer on and encourage participants

Kids Zone

- Engage with children participating in jump rope
- Help with chalk, crafts, and games

Interactive Stations

Encourage families to have fun while learning about heart health

- Eat Healthy activities
- Heart Health Education
- Stress Relief activities
- Inflatable games
- And more!



COME BE PART OF THE TEAM!

Volunteer Hours: 6:30 AM – 11:00 AM

Sign Up Here [2026 Houston Heart Walk Volunteer Sign Up](https://app.smartsheet.com/b/form/019eb219a2db730aa8efd2dd6a5e471a)

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Whether you volunteer for an hour, help at a station, cheer on participants, or spend the morning supporting the event, **your presence makes a difference.** Let's come together as rehabilitation nurses to **support heart health, celebrate survivors, promote healthy living, and strengthen our connection with the Houston community.**