



Linked in Friendship, Connected in Service

Piedmont (NC) Chapter

30th Anniversary

Walk For Healthy Living



Join us for the Walk for Healthy Living as we walk together to improve cardiovascular, kidney, and mental health. Let's Get Some Steps on Main!

Step out with us as we celebrate 30 years of walking for heart health and community wellness! This family-friendly event is FREE and open to the public. Bring your friends, neighbors, and loved ones to take steps toward healthier living.



09/27/2025



10 AM - 12 PM



415 West
Main Ave
Gastonia,
NC 28052

What to Expect:

- A community walk promoting heart-healthy living
- Educational materials on health and wellness
- Music and fun
- Giveaways



#Linksonthefmove #Linkupthefvote