

# HEART WALK 2019

## BASKET RAFFLE

All departments are encouraged to participate and donate a themed basket for a drawing to raise money! Baskets are **due Sept. 27**. To participate, fill out the form at [hmslnews.org/heart2019](http://hmslnews.org/heart2019).

Purchase tickets for a chance to win a basket. Ticket purchases can be made using credit card, check, cash, or your badge for payroll deduction. Winners will be drawn on Oct. 4 at 1 p.m.

Baskets will be displayed in front of the the Garden Café Starbucks® between **Sept. 30 and Oct. 4** during **7 to 9 a.m.** and **11 a.m. to 1 p.m.**

## JEAN FRIDAYS

Wear your best jeans to show your support, **Oct. 4 – Nov. 8**! Jean tickets are \$5 per Friday. Tickets can be purchased from the cashier located in the Main Pavilion, Monday through Friday from 7:30 a.m. to noon. Please request permission from your supervisor before participating. Jeans must have no tears, fraying or excessive embroidery.

## SHIRT SALES

Stop by the Main Pavilion in front of the Garden Café Starbucks® to purchase an HMSL bling shirt, race shirt, jewelry and more!

- **Sept. 20:** 11 a.m. – 1 p.m.
- **Oct. 18:** 11 a.m. – 1 p.m.
- **Oct. 21:** 7-9 a.m.
- **Nov. 1:** 11 a.m. – 1 p.m.
- **Nov. 4:** 7-9 a.m..
- **Nov. 8:** 11 a.m. – 1 p.m.

## HEART WALK

Join us at **8 a.m. on Nov. 9** at the University of Houston for the fun-filled, noncompetitive 5K walk. For more information or to register, visit [hmslnews.org/heart2019](http://hmslnews.org/heart2019).

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