Join Us in the Highmark Walk for a Healthy Community!



The Children’s Institute is participating in Highmark’s annual [Walk for a Healthy Community](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml) along with nearly 80 other health and human service organizations. On Saturday, May 16th at Stage AE on the North Shore, we will walk to raise money for our amazing kids in a fun, healthy and engaging way.

How to Get Involved

[Sign up to walk as an individual](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml)

Walk in the event and find sponsors as an individual. Ask friends and family to support your walk by pledging a donation. It is free to sign up for the walk and there are no minimum pledge amounts. If you raise $25 or more, you will receive a Highmark t-shirt.

[Sign up to walk as part of a team](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml)

Join a pre-existing team to fundraise and walk as a group. Find supporters to donate toward your team’s goal.

[Sign up as a team leader](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml)

Create your own team and manage your team’s account. Invite friends and family to walk with you and find sponsors to donate toward your team’s goal. During the event, walk with your team.

[Sign up as virtual walker](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml)

Want to walk as an individual but cannot make the event? By virtually walking you can find sponsors as if you were an individual walker. Virtual walkers are not eligible for a Highmark t-shirt. The day of the event walk a 5k at your convenience.

[Make a Donation](http://www.walkforahealthycommunity.org/whc3/pgh/index.shtml)

Cannot participant but want to support our amazing kids? Donate to a team, an individual or a directly to The Children’s Institute.