



# Heart Walk®

## 2015 Berks County Heart & Stroke Walk

Date: October 4, 2015

Across the country, 350 walks with 1,000,000 walkers focus attention on exercise as an important part of a heart-healthy lifestyle. **Have fun while supporting lifesaving heart disease, stroke research and education.** As the American Heart Association's biggest fundraiser, the heart & stroke walk raises money for critical research and education to fight these deadly diseases.

### JOIN US

**October 4, 2015**

**Blue Marsh Lake**

1268 Palisades Drive Leesport, PA

### SCHEDULE OF EVENTS

**8:30 a.m.**

Activities-Kids Zone, music, vendors, heart-healthy educational information, survivor area, tribute torches

**9:30 a.m.**

Speakers, lifestyle change awards, t-shirt design contest winner

**10 a.m.**

2+ mile, non-competitive walk begins  
After the Walk, enjoy more **music and activities**

### GET INVOLVED:

**Register your company**, ask your co-workers to form teams under the company name, raise funds and walk with company pride!

**Register your own team and solicit donations.**

Ask family members and friends to join your team.

**Register as an individual walker and ask for donations.**

Set a walker goal of \$200 or a team goal of \$2,000.

Enter the company/team **T-shirt Design Contest!**

Nominate someone for a **Lifestyle Change Award!**

Schedule your **Company/team Photo!**

Link your walk web page to your **Facebook page!**

### TO FORM A TEAM:

Contact Sara Dickey Phone: **610-867-0583, ext. 3503**

Email: [sara.dickey@heart.org](mailto:sara.dickey@heart.org)

Visit : [www.heart.org/lehighberkswalk](http://www.heart.org/lehighberkswalk)

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