



Heart Walk®

2014 Berks County Heart & Stroke Walk Sunday, October 19, 2014

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

Sunday, October 19, 2014

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 Kathleen Marano

Phone: **610-867-0583, ext. 3503**

Email: Kathleen.Marano@heart.org

Visit : www.heart.org/lehighberkswalk

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