



Heart Walk®

Lehigh Valley Heart & Stroke Walk Sunday, September 21, 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, September 21, 2014
Northampton Community College
3835 Green Pond Road, Bethlehem, PA 18020

SCHEDULE OF EVENTS

8:30 a.m.

Activities-Kids Zone, **live music by Forty Grand**, 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**

FORM A TEAM:

Contact Kathleen Marano
Phone: **610-867-0583, ext. 3503**
Email: Kathleen.Marano@heart.org
Visit : www.heart.org/lehighberkswalk
968 Postal Road
Suite 110
Allentown, PA 18109

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!**



2014 Heart & Stroke Walk Child Chairs:
Aubrey & Brielle Huff

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