



The **Greater Charlotte Heart Walk** will be held on **September 17th, 2011** in Center City Charlotte at the intersection of Trade and Tryon Streets. The **Heart Walk** is the American Heart Association's largest fundraising event in the Charlotte metro area, attracting 11,000+ participants and raising \$1.5 million dollars to fight heart disease and stroke. Educational, wellness and children's activities begin at 7:30 a.m. and the three-mile walk through beautiful Uptown begins at 9:00 a.m. Water stations and snacks will be available. There will be three Wellness Communities that focus on the following topics: *Create Hope, Inspire Change and Celebrate Success*. Each community will be on a different corner of Trade and Tryon Streets.

Heart Walk – Why Walk?

Did you know that cardiovascular disease is the No. 1 killer of all Americans? In fact, someone dies from CVD every 38 seconds! Heart disease also kills more women than all forms of cancer combined. And congenital cardiovascular defects are the most common cause of infant death from birth defects.

You can help. When you join **Heart Walk**, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping save lives!

The funds raised in the **Heart Walk** will support projects like these:

- **Putting up-to-the-minute research into doctors' hands** so they can better prevent and treat heart disease among patients.
- **Groundbreaking pediatric heart and stroke research.** About 36,000 babies are born with heart defects each year —research is the key to saving babies' lives.
- **Getting life-saving information** to those who need it most – information that can save a life, like how to eat better, how to recognize the warning signs of heart attack, and how to talk to a doctor about critical health choices.

Get Started With Us Today

Join our team by going to <http://charlotteheartwalk.org/> & registering under our team name – **Charlotte Chapter of the APA.**

The Wellness Communities and Check-In will open at 7:30am

The walk officially begins at 9:00am

Parking vouchers will be available online and e-mailed to registered participants, specific parking lots are TBD.

We will walk rain or shine!

The three-mile walk route is fairly flat, beginning at the intersection of Trade & Tryon Streets, continuing through the Wesley Heights neighborhood, through several scenic parks and finishing uptown. There will be Hydration Stations along the route as well as a one-mile alternative route. Some folks like to run and rollerblade the route, which is fine, but bicycles, motorcycles and skateboards are not allowed. A map of the route will be available online closer to the event.

Help us reach our goal of raising \$100 and recruiting 10 members to walk with us!

*We hope to see you with us on September 17th! Please feel to contact me if you have any questions at jennifer_moran@bellosuth.net or 704.905.2118 ~ Jennifer Moran, CPP, Bank of America, Charlotte Chapter of the APA
Director of Special Events*

