

start!
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American Heart Association 
Learn and Live®

HEART WALK®

JOIN US AT THE **Brooklyn**
Start! Heart Walk

Sunday
October 11, 2009
Prospect Park
Enter Ninth Street and Prospect Park West
Registration and activities at 9AM
Walk starts at 11AM
Choice of 3.5 mile or 1.5 mile route
RAIN OR SHINE!



Take the First Step to a Heart-Healthy Community

TO REGISTER AND LEARN MORE
www.brooklynheartwalk.org
212-878-5977



"The American Heart Association has taught me that walking saves lives. I want to live...what about you?"
Darnell Collier, Stroke Survivor and 2009 Red Cap Ambassador

Join the American Heart Association and American Stroke Association for a day of physical activity and festivities to help build healthier lives, free of cardiovascular diseases and stroke. Close to one million lives are lost annually from heart disease and stroke, the nation's No.1 and No. 3 causes of death—27,000 people from NYC alone. Don't be part of the statistics... join us TODAY!

To help fight heart disease & stroke by participating, contact:

CONTACT NAME _____ E-MAIL _____



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