



# What: American Heart Association 2011 Quad Cities Start! Heart Walk

Call Kate Cuellar at: 563.323.4321 x 7352 or Email [Kate.Cuellar@heart.org](mailto:Kate.Cuellar@heart.org)

**Chairs:** Dr. David Deopere, President of Robert Young Center  
Dennis Pauley, Mayor of Rock Island and Director of External Affairs at AT&T.



**Who:** Friends, Family & Co-Workers

**When:** **Saturday, May 21, 2011**  
8:00a.m. Festivities Begin  
9:00a.m. Walk Begins



**Where:** **The District of Rock Island (2<sup>nd</sup> Ave and 18<sup>th</sup> Street)**  
Refreshments  
Heart Health Activities  
Kids Activities

**Why:** The bi-state Start! Heart Walk, crossing both the Arsenal and Centennial bridges, educates the Quad Cities area about the risk factors of cardiovascular diseases & stroke, and what we can do to prevent them. Funds raised support medical research, regional grants & educational programs of the American Heart Association. At the finish line, walkers are engaged in music, entertainment, healthy snacks and three different villages of educational activities, including health screenings, a kid's area, nutritional information, shoe fittings, physical activities, etc.

## 2011 Major Sponsors:



**How:** There is no cost to participate in the Heart Walk, but we do encourage walkers to raise funds, which support medical research and educational programs.

**Shoot for our walker goal of \$200** by asking for flat donations (not pledges) from friends, family & co-workers. Walkers will have a choice of walking a 1-mile or 3-mile, bi-state course, and are encouraged to walk at their own pace.

**Our Website ([www.quadcitiesheartwalk.org](http://www.quadcitiesheartwalk.org))** makes it easier than ever to fundraise with the American Heart Association—Sign-up yourself and begin sending e-mails to fundraise online.

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