

Create
Hope

Inspire
Change

Celebrate
Success



2010 Central MA Start! Heart Walk

Saturday, May 1, 2010
Cristoforo Columbo Park, Worcester

Start! Heart Walk is the AHA mission in action and its signature fund-raising event. The Start! Heart Walk promotes physical activity and heart-healthy living in a fun, family-friendly environment. This year over 750,000 walkers will participate in more than 425 events, raising funds to save lives from our country's No. 1 and No. 3 killers - heart disease and stroke. Last year 50 local companies and over 3,500 walkers stepped out to raise over \$360,000 at the Central MA Start! Heart Walk!

- CHAIRS:** Bill Kelleher, Founding Principal, Kelleher & Sadowsky Associates
Stephen Pezzella, MD, Chair, Medical Specialties, Fallon Clinic
- GOAL:** \$400,000
- WHY:** To promote walking as part of a healthy lifestyle and raise funds to support cardiovascular research and educational programs for the Central MA community
- WHO:** Employees and their families from companies throughout Central MA.
- WHAT:** A 1, 3, or 5 mile walk along Shrewsbury Street.
- WHEN:** Saturday, May 1, 2010
8:30 AM Event Opens
9:30 AM Opening Ceremonies
10:00 AM Walk Start!
11:30 AM Closing Ceremonies
- WHERE:** Cristoforo Columbo (East) Park, Worcester, MA
- HOW:** Visit www.centralmaheartwalk.org to learn more.

For questions, contact your Central MA Start! Heart Walk Staff:

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