

Our Mission:
Building Healthier Lives,
Free of Cardiovascular
Diseases and Stroke.



**2018 Heart
Walk Chair**
Cardwell Feagin
COO, VIVA Health

2018 Executive Leadership Team

Abigail Morrow, Automation Personnel
Services

Andrew Gnann, St. Vincent's Health

Deborah McGill-Smith, C/W & EGS

Emmett McLean, Medical Properties
Trust

George Morris, Cabaniss, Johnston,

Gardner, Dumas, and O'Neal LLP

Houston Smith, Alabama Power

Jack Darnall, Brasfield and Gorrie

Joe Sandner, Colliers International

Joy Hammond, UAB Medicine

Keith Pennington, Medical West

Mark Thompson, Motion Industries

Rick Kolaczek, Grandview Medical
Center

Tom Clark, Maynard, Cooper, Gale



Healthy For Good™
Heart Walk®

**Thank you to our
2018 sponsors!**



20TH ANNUAL

BIRMINGHAM

HEART WALK

#BHAMHEARTWALK

06.09.2018



Healthy For Good™
Heart Walk®



Village of Heart Tents

For the employees of companies who
trained \$20,000 or more in the fight against
Cardiovascular diseases and stroke



TENT LEGEND

- 
1. Faces of Heart
 2. Blood Pressure Screenings
 3. Heart Hero Survivors
 4. Stroke Survivors
 5. Mile Markers
 6. Memorial Wall
 7. Hands Only CPR
 8. Top Walker Area
 9. Donation Station
 10. Bubble Wrap Stomp
 11. Kids Zone
 12. Face Paint & Balloonist
 13. Automation Personnel Services
 14. Eat Street
 15. Hydration Station
 16. Life's Simple 7
 17. Exercise Demo
 18. Media
- Meet up with your friends at one of

ROUTE MAP



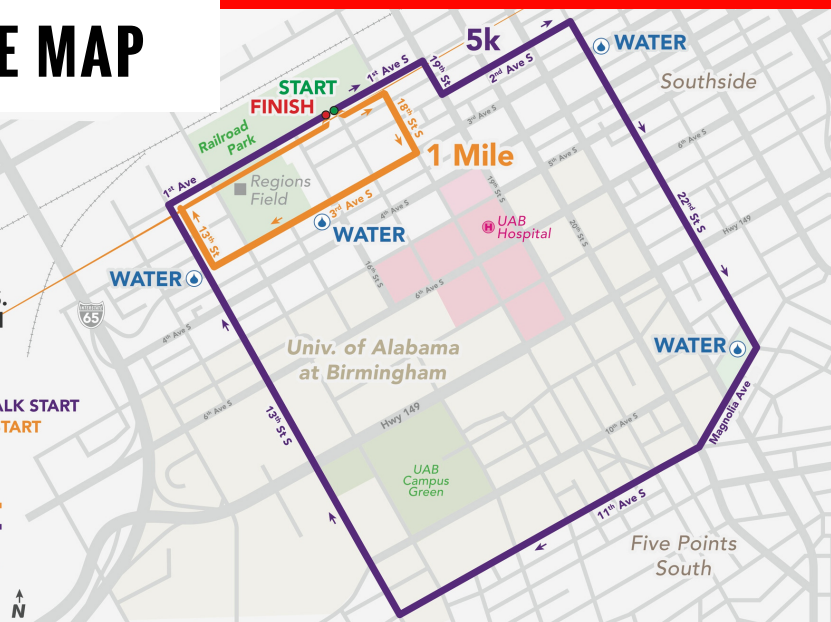
Railroad Park:
1600 1st Ave S.
Birmingham, Al
35233

Start Times:

8:30am - RUN/WALK START
8:30am - 1 MILE START

Legend

- 1 Mile Course
- 5k Course
- Water Stop
- Start / Finish



Event Schedule

8:00 AM **OPENING CEREMONIES**

8:15 AM WARM-UP

8:30 AM **5K & 1 MILE WALK BEGINS**

9:45 AM BUBBLEWRAP STOMP

Want to see more?

Follow the fun on social media!



@heartalabama
#bhamheartwalk