

# GOODWILL

of Central & Northern Arizona



## LIFESTYLE CHANGE AWARD

The American Heart Association and Goodwill of Central and Northern Arizona want to recognize individuals who have made positive changes to improve their quality of life and health. Have you been watching your sodium intake? Regularly monitoring your blood pressure? Taking steps to be more active? Quit smoking? No change is too small, and every accomplishment is significant!

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers or relatives and individuals can nominate themselves.

Deadline for the Heart Walk presentation submission: **Friday, March 9th, 2018**

Nominations can be submitted by:

- E-mailing the completed form to: **Greta.Hanson@Heart.org**
- Mailing the completed form to:

American Heart Association  
ATTN: Heart Walk Lifestyle Change Award  
2929 S 48th St  
Tempe, AZ 85282

**Nominee Name** \_\_\_\_\_

**Company/Worksite** \_\_\_\_\_

How may we contact the nominee if he or she is selected?

**Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Nominated By** \_\_\_\_\_

**Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Relationship to Nominee** \_\_\_\_\_

