

Southern New Jersey Healthy For Good Heart Walk Activities

We hope you enjoy sharing this special day with our Chairman, Margaret A. Belfield, MSN, RN
Executive VP & COO AtlantiCare

"Lit T. Gator", "Wonder Bear", Sponsors, Red Cap Survivors, and fellow walkers!

9:00am-10:00am - Enjoy our Sponsor Activities

10:00am - EVERYONE PLEASE JOIN US ON THE FIELD!

"Welcome & Information" - Sponsored by BB & T

Life is Why. "Share Your Why" - Sponsored by Graham Company

"Salute to our Community Teams" - Sponsored by Genesis HealthCare-

"Puddles -Hydration Station" - Sponsored by New Jersey American Water/American Water

Civic Center

(Please note: Civic Center will close at 9:55 am - we ask everyone to report to Field)

Donation Envelope Turn In

Team T-shirt Contest Entries

Team T-Shirt Quilt - Please submit your t-shirt for next year's quilt!

"Eat Street" Refreshments- Sponsored by Compass One/Morrison Healthcare

Healthy Nutrition - Sponsored by Shore Medical Center & Penn Medicine Cardiology

Foot Selfie Station - Sponsored by Acuity Specialty Hospital

You're The Cure - AHA Advocacy Legislative Initiatives

CPR Anytime

DJ/Music by Lite Rock 96.9

Chair Massages by Compass Spa & Wellness

Basketball Court

Team Photos - 8:30 am - 9:50am*(Closes) - Sponsored by South Jersey Industries

Leaders, please gather your team & report to the Basketball Court for your photo.

Kids Activity Zone

Face Painting by Atlantic County Institute of Technology, Student LPN Program

Practice Field (Right side of Stage)

Main Stage with Big Screen - DJ, Michael James

"Red Ribbon and Lifestyle Change Awards" - Sponsored by NJM Insurance Group

"Celebrating Healthy Lifestyles" Personalize your Red Ribbon & wear your heart on your sleeve!

"Share Your Special Memorial or Tribute" - Sponsored by Fox Rothschild LLP

"Memorable Moments -Selfie Station with Props" - Sponsored by South Jersey Industries

"Super Star Salute" - Sponsored by Atlantic City Electric:

A Salute to our 2017 Top Walkers & Top Companies, and Community Teams

"Swinging For The Heart Of It!" - Sponsored by Ottinger Golf Group

"Saluting Healthy Worksites" - Sponsored by Inspira Health Network

Social Media Check-In, featuring "Lit T. Gator" - Sponsored by Cooper Levenson

Practice Field (Left side of Stage)

Celebrating Heart & Stroke Survivors* - Proudly Sponsored & Presented by

The Heart & Neuroscience Institutes at AtlantiCare Regional Medical Center

*Please visit to receive your honorary red or white cap.

"Take The Pledge, Be Healthy For Good" - Sponsored by Atlantic Cardiology

Take Your Pledge Selfie and color a plate healthy with your kids!

Let your Heart & Spirit Soar - Wear a Red Feather & Get your heart tattoo!

Go Red for Women * Stroke Awareness

"F.A.S.T." Mural -Help color the Walk & our Community with Stroke Awareness!

FACE - ARMS- SPEECH- TIME to call 9-1-1!

OFFICIAL CEREMONY/PROGRAM (Stage on Practice Field)

10:00 am Ceremony/Program

National Anthem performed by Ray Glanville, III

Warm-Up & Line Up!

Led by: Lynne Hyde, AtlantiCare Life Center, Lit T. Gator, Cooper Levenson Attorneys at Law,

Jaime Santiago & Kim Allen, La Palma Dance Studio

Heart & Stroke Survivors please come to stage area to line up for the start of the walk.

All other walkers please join in after our Red Cap Survivors.

10:30am - Official Ribbon Cutting & Start of Heart Walk

Led by "r Red & White Cap Heart & Stroke Survivors

10:30am-12pm -Heart Walk on Boardwalk *(Refer to Route)

1:00 pm - 3:00 pm: Gillian's Wonderland Pier - 6th St & Boardwalk, (with wristband)



Heartfelt thanks to all our walkers, donors and volunteers who have accepted the challenge to raise funds and awareness, creating a culture of health in our communities and advancing the AHA's mission.

Please Mark Your Calendar for Next Year's Heart Walk - May 18, 2019!

Heartfelt Thanks to Our Sponsors

Celebrating Heart & Stroke Survivors



Red Ribbon & Lifestyle Change Awards



Healthy Nutrition



Team Photo & Memorable Moments



Take the Pledge



Super Star



An Exelon Company

Welcome



Social Media Check-In



Memorial/Tribute



Community Teams



Life is Why. Share Your Why!



Hydration Stations



Exercise "Swinging For The Heart Of It"



Media



"Eat Street" Refreshments



Start/Finish Line



Foot Selfie- Get Up & on Your Feet



Healthy Workplace



Awards



Route

Atlantic City Sewerage Company

Glenn Insurance, Inc.

IGT

Friends of Heart

Atlantic County Utilities Authority

OceanFirst Bank

Wawa

St. Jude Medical

In-Kind & Community Supporters

- Annette Maynard, Photographer
- ACIT- Student LPN Program
- AtlantiCare
- Atlantic City Country Club
- Beverly McPeak, Quilt Maker
- Bonnie Eakins, Photographer
- Compass Spa and Wellness
- Cape Regional Health System
- DJ & Super Screen- Michael James
- Herr's Foods
- Inspira Health Network
- Johanna Farms
- J & J Snacks
- New Jersey American Water
- Manco & Manco Pizza
- Ready Pac
- Ray Glanville, III -Singer
- Seashore Fruit & Produce
- Starbucks
- Tanya Gilliam, Photographer
- Wakefern Food Corporation
- Wawa



Healthy For Good™
Heart Walk®

Welcome & Thank You for "Heart Walking!"

SATURDAY, MAY 19, 2018

SPORTS & CIVIC CENTER COMPLEX

6TH STREET OFF THE BOARDWALK

OCEAN CITY, NJ

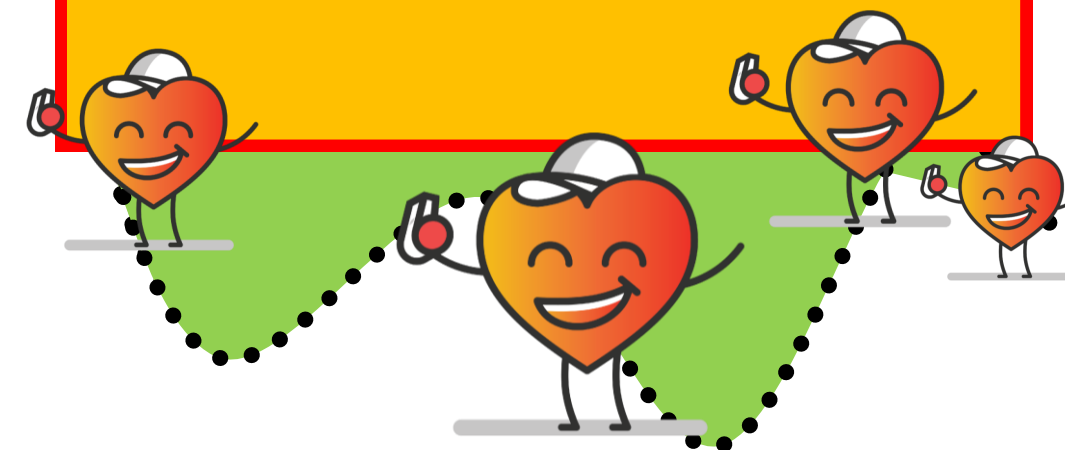
Life is why..Healthy For Good

"We believe everyone deserves to live a healthier, longer life."

What are those people, moments, experiences you live for?

Healthy For Good is a movement designed to rally millions of Americans to live healthier lives, inspire a lasting change and unify people around the simple idea that making a small change today can create a difference for generations to come.

Learn more about the American Heart Association's vast resources at www.heart.org



***ROUTE:** The Boardwalk is 2.5 miles in length (1st St to 23rd St. There are mileage markers on both the lampposts and painted on the Boardwalk.

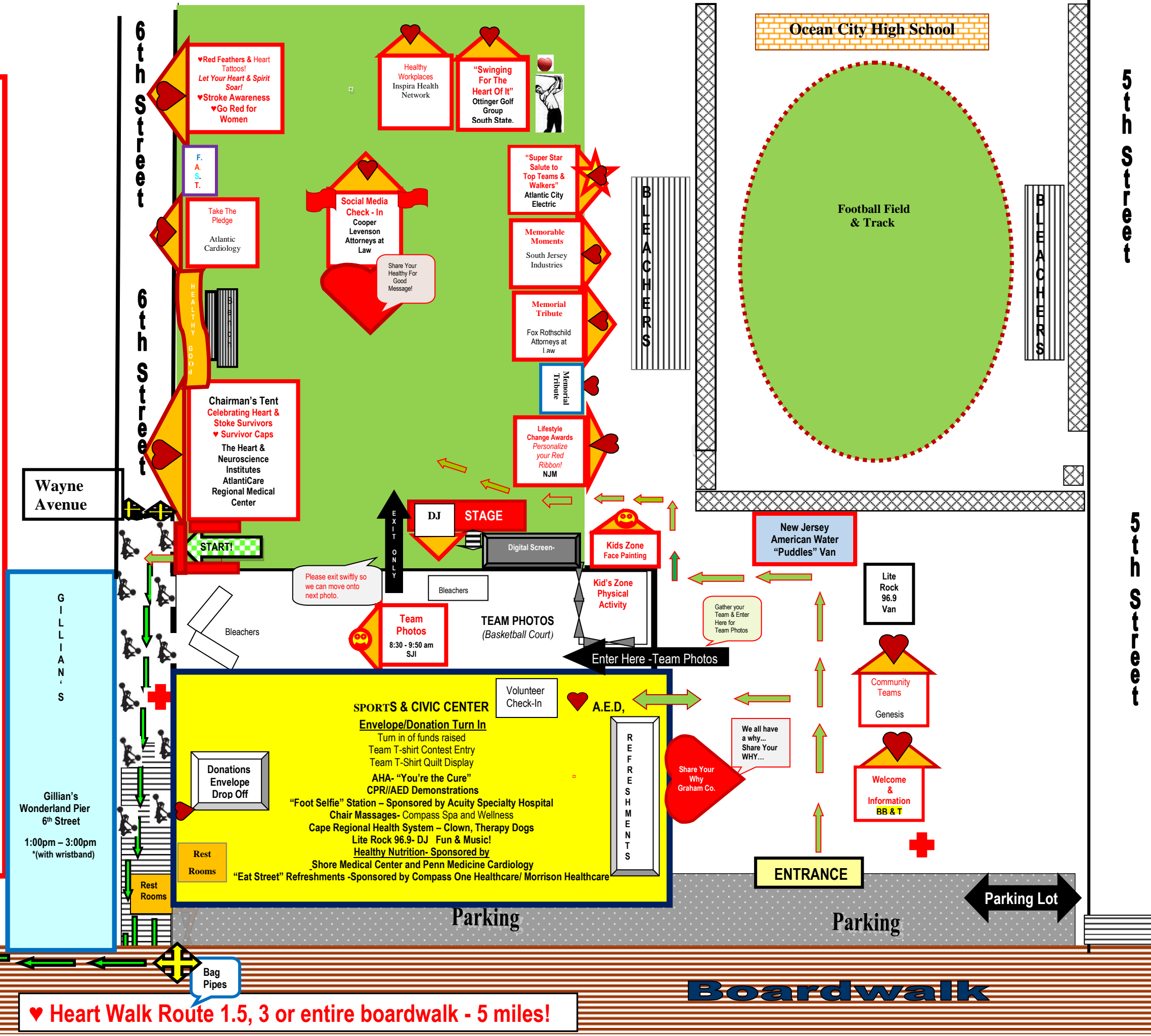
♥1.5 Mile Route- Approximately 15 total blocks; proceed south to 14th St and return to the Sports and Civic Center.

♥3 Mile Route- Approximately 30 total blocks; proceed north to end of Boardwalk at 1st St, turn around and go to the 17th St Water stop, turn around and finish at the Sports and Civic Center.

♥5 Mile Route- Approximately 46 total blocks; it is two lengths of the Boardwalk. Go south to the end of the Boardwalk (23rd St), turn around and walk to the other end (St. Charles Place), finish back at the Sports and Civic Center.

Hydration Station/Water Stop at 17th and the Boardwalk are sponsored by **New Jersey American Water**.

NOTE: Bicyclists are permitted on the Boardwalk until 12:00 noon. Please be aware of bicyclists and walk in designated areas for pedestrians until 12:00 noon.



♥ Heart Walk Route 1.5, 3 or entire boardwalk - 5 miles!

23rd Street
 Water/Hydration NJ American Water 17th Street
 Rest Room
 Music Pier

St. Charles Place →