

Southern New Jersey Healthy For Good Heart Walk Activities

We hope you enjoy sharing this special day with our Chairman, Dave Robbins President, South Jersey Gas, President, SJI Utilities, Senior Vice President, SJI "Lit T. Gator", "Wonder Bear", "Talon the Osprey", Sponsors, Red & White Cap Survivors and fellow Heart Walkers!

9:00am-9:55am - Experience the Sponsor areas & please remember to be Healthy for Good!
10:00am - CEREMONY BEGINS! PLEASE JOIN US ON THE FIELD!

"Welcome & Information" - Sponsored by BB & T
Life is Why. "Share Your Why" - Sponsored by Graham Company
Community Teams "Say it With Heart" - 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. Please report to field for Program/Ceremony

Donation/Walker Envelope Turn-In

Team T-shirt Contest Entries

Cape Regional Medical Center - Therapy Dogs, Clown & 2018 T-Shirt Quilt
Please submit your Team T-Shirt

Refreshments

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

Move More. Be Well - Sponsored by Stockton University

You're The Cure - AHA Government Relations

Hands-Only CPR

DJ/Music by Lite Rock 96.9

Basketball Court*

Team Photos - 8:30 am - 9:50am*(Closes -last photo)

Sponsored by South Jersey Gas/SJI

Please gather your Team & report to the Basketball Court for your photo

Kids Zone -Activities

Face Painting by ACIT, Student LPN Program

Field (Right)

Warming Hearts: "Memorable Moments & Team Photos"

Proudly Sponsored by South Jersey Gas/SJI

"Red Ribbon and Healthy For Good Lifestyle Change" - Sponsored by NJM Insurance Group

Personalize your Red Ribbon & "Walk Your Way to Wellness"

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

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

2018 Top Walkers & Top Companies, and Community Teams

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

"Saluting Healthy Workplaces" - Sponsored by Cardiac Partners at Inspira and Cooper

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

Field (Left)

"Start Line" - Sponsored by Acuity Specialty Hospital

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

The Heart & Neuroscience Institutes at AtlantiCare Regional Medical Center

*Survivors presented with Honorary Red or White Cap

"Foot Selfie Station" - Sponsored by Haitham R. Dib, MD, MBA, FACC, FACP, FHSA

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

Field (MAIN STAGE)

DJ & Master of Ceremonies - Michael James

*CEREMONY/PROGRAM *

10:00 am National Anthem performed by Ray Glanville, III

Warm-Up & Line Up! Led by: Lit T. Gator, Jaime Santiago & Kim Allen

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

Led by Kathleen Tiemann, Survivor Ambassador and ALL Heart (Red Cap) & Stroke (White Cap) Survivors

10:30am-12pm -Heart Walk on Boardwalk (Please refer to Route Page)

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

We are raising heart rates, funds and awareness.
Together, Healthy For Good™

Save the Date for Next Year's Heart Walk!
Saturday, May 16, 2020

Heartfelt Thanks to our Proud Sponsors

Warming Hearts



Celebrating Heart & Stroke Survivors



Red Ribbon & Healthy For Good Lifestyle Change



Healthy For Good Nutrition



Super Star



Social Media Check-In



Share Your Special Memorial or Tribute



Community Teams



Life is Why. Share Your Why!



Hydration Stations



Healthy For Good Exercise "Swinging For The Heart of It"



Media



Foot Selfie Station

Pumped Up!
Haitham R. Dib, MD, MBA, FACC, FACP, FHSA
AtlantiCare Physician Group

Saluting Healthy Workplaces



Awards



Start Line



Welcome & Information



Move More. Be Well.



Route Sign

Atlantic City Sewerage Company
Glenn Insurance, Inc.
IGT

Friends of Heart

Abbott/St. Jude Medical
Atlantic County Utilities Authority
Harrison Beverage
OceanFirst Foundation
Specialty Medconsultants LLC

In-Kind & Community Supporters

- ALL our dedicated VOLUNTEERS with HEART!
- Annette Maynard, Artist/ Photographer
- ACIT- Student LPN Program
- ACIT- Key Club
- AtlantiCare
- Atlantic City Country Club
- Beverly McPeak & Friends, Quilt Designers/Makers
- Bridgeton High School Interact Club
- Cape Regional Health System
- Dave & Suzanne Marino
- Denise Oswald, Photographer
- Egg Harbor Township H.S Key Club
- Gillian's Wonderland Pier
- Herr's Foods
- J & J Snacks
- New Jersey American Water
- Manco & Manco Pizza
- Michael James, DJ, Screen/ Eye to Eye Media
- Middle Township High School Red Cross Club
- Ready Pac
- Ray Glanville, III -Singer
- Seashore Fruit & Produce
- SJI
- Starbucks
- Stockton University
- Tanya Gilliam, Photographer
- Walgreens
- Wawa



American Heart Association.
Heart Walk.

Welcome & Thank You
for being a
Heart Walk Hero!

Southern NJ Spring Heart Walk
Saturday May 18, 2019
Sports & Civic Center Complex
6th Street off the Boardwalk
Ocean City, NJ

Get Your Walk On!

Get Your Walk On!

#HeartWalking #LifeisWhyNJ

***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:

17th and the Boardwalk - 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.

