



American Heart Association®  
Heart Walk®

**I WALK  
TO SAVE LIVES**

**2023 PALM BEACH COUNTY**

# HEART WALK

**Saturday, November 11**

**Meyer Amphitheatre - West Palm Beach, FL**

**#PBHeartWalk #IWalktoSaveLives #WhyIHeartWalk**



**@AmericanHeartFlorida**



**@AmericanHeartFL**

**PalmBeachHeartWalk.org**

**8 a.m. The Fun Begins**

**9 a.m. Walk Starts**



## Frequently Asked Questions

- ▶ Where is the Heart Walk? The Heart Walk is at the Meyer Amphitheatre in downtown West Palm Beach: 104 Datura Street.
- ▶ What time should I arrive? We recommend you arrive at 8 a.m.
- ▶ Do I need to check-in? No check-in required. This is a free event to celebrate heart and stroke survivors, and the fundraising efforts that support the American Heart Association's mission.
- ▶ Where can I park? Parking is available in the Evernia and Banyan Garages. All city garages will be a flat rate of \$5. These dollars don't benefit the American Heart Association. Please see next page for additional parking locations.
- ▶ Can I bring my dog? Yes, leashed dogs are allowed.
- ▶ May I bring donations to hand in? Yes, there will be a donation tent on-site to collect your donations.
- ▶ What should I tag on social media? Share special moments with #PBHeartWalk #IWalktoSaveLives and #WhyIHeartWalk and tag our local office with @AmericanHeartFlorida on Facebook and @AmericanHeartFL on Instagram.
- ▶ How do I enter our company t-shirt into the t-shirt design contest? Contact [Jessie.Brooks@heart.org](mailto:Jessie.Brooks@heart.org) by Nov. 3 to have one shirt picked up, or mail one shirt to 2300 Centrepark West Dr. West Palm Beach, FL 33409.

For more information, please visit [PalmBeachHeartWalk.org](http://PalmBeachHeartWalk.org)



## Parking

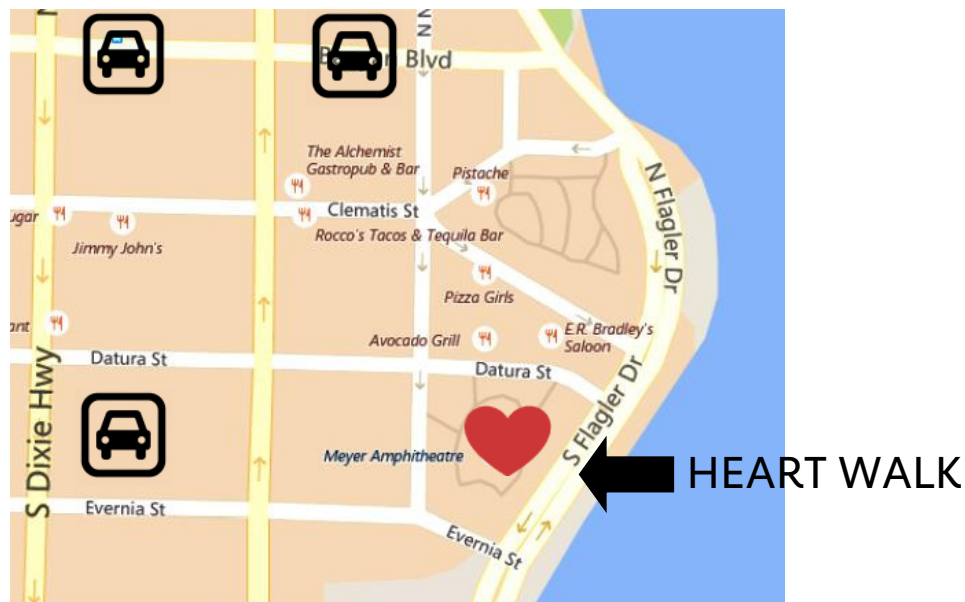
Below are the available parking garages.

Parking will be available in the City, Center, Evernia and Banyan Garages. It will be a flat rate of \$5. These dollars do not benefit the American Heart Association.

**City Center Garage**  
400 Banyan Blvd  
WPB, FL 33401

**Banyan & Olive Garage**  
200 Banyan Blvd  
WPB, FL 33401

**Evernia Garage**  
333 Evernia St.  
WPB, FL 33401



## Incentives in our Rewards Center

**\$100+ Walkers:** Walkers who personally raise \$100+ can earn an American Heart Association t-shirt! Additional prizes are given to walkers the more they fundraise!

To redeem prizes visit [PalmBeachHeartWalk.org](http://PalmBeachHeartWalk.org), log in with your username and password, click "My Dashboard", and scroll down to "Incentives and Prizes."

**\$1,000+ Top Walkers:** Fundraising walkers who personally raise \$1,000+ will receive special benefits such as access to our event day VIP area, special recognition at the event and chances to win exciting prizes!



Heart Walk Heart Tee  
Red Heather  
Unisex Sizing





## Event Activities

Do you know your numbers? Get a **free health screening** at the Mount Sinai New York tent and stay in control of your health!

Kids are welcome to play games or enjoy face painting in our **Kid Zone** sponsored by TBC Corporation!

Practice mindfulness and meditation at our **Zen Den** tent sponsored by Cleveland Clinic Florida.

Stop by the HCA Healthcare Foundation tent and take an Instagram worthy photo in the **360-photobooth** with your pledge for a healthier life.

Take a photo of your dog and enter them into the **Top Dog contest** sponsored by the Palm Beach County Sheriff's Office.

Survivors! Finish your walk in our celebratory **Survivor Lane** sponsored by Encompass Health and be sure to collect your survivor hat and lapel pin at our **survivor tent**. Survivors are also invited to pick up their VIP badge at our survivor tent.

Honor your loved ones on our **Heart Tunnel** sponsored by Jupiter Medical Center and pick up your tribute sticker to personalize and wear!

Learn how to save a life with a **hands-only CPR** demo from the team at Palm Beach County Fire Rescue.

Check us out on social media to **hear from physicians** at Medical Specialists of the Palm Beaches- Cardiology @AmericanHeartFlorida

Help us thank our veterans with Florida Power & Light! Visit their tent to **write a thank you card** or have kids **color a picture** for local veterans.

Stop by the Nicklaus Children's Hospital tent for a fun **family-friendly activity**!

Ready to walk? Get lined up at the **Start Line** sponsored by Aerojet Rocketdyne when you hear the announcement from our emcee. And don't forget to take a photo as you cross the **Finish Line** sponsored by Sailun Tire.



## Company Photo Schedule



Please note this is an estimated time frame. We recommend for each company to gather near the company photo area at least 5 minutes before your scheduled photo time. The company photo area will be located on the far North side of the lawn opposite the stage.

7:50 Bank of America	8:16 Carrier
7:51 SV Microwave	8:18 TBC Corporation
7:52 Medtronic	8:20 Gunster
7:53 BNY Mellon	8:22 Chris Allen Realty
7:54 Welltower Inc.	8:24 PBSO
7:55 Florida Atlantic University	8:26 Cresset Capital
7:56 PwC	8:28 Palm Beach Health Network
7:57: The Breakers	8:30 Encompass Health
7:58 Akerman LLP	8:32 Aerojet Rocketdyne
7:59 Nicklaus Children's Hospital	8:34 Shutts & Bowen LLP
8:00 AT&T	8:36 Health Care District of Palm Beach
8:01 Novartis	8:38 MD Now
8:02 Florida Power & Light Company	8:40 Jupiter Medical Center
8:03 Select Medical	8:42 Oxbow Carbon
8:04 Bethesda Hospital East & West	8:44 Wellington Regional Medical Center
8:05 Alvarez and Marsal	8:46 Illustrated Properties
8:06 The School District of PBC	8:48 Okeechobee Steakhouse
8:08 Mount Sinai New York	8:50 MSPB
8:10 Palm Beach State College	8:52 Nova Southeastern University
8:12 Schwed Law Firm	8:54 Cleveland Clinic Florida
8:14 HCA Florida	8:56 City of West Palm Beach



American Heart Association®  
**Heart Walk®**

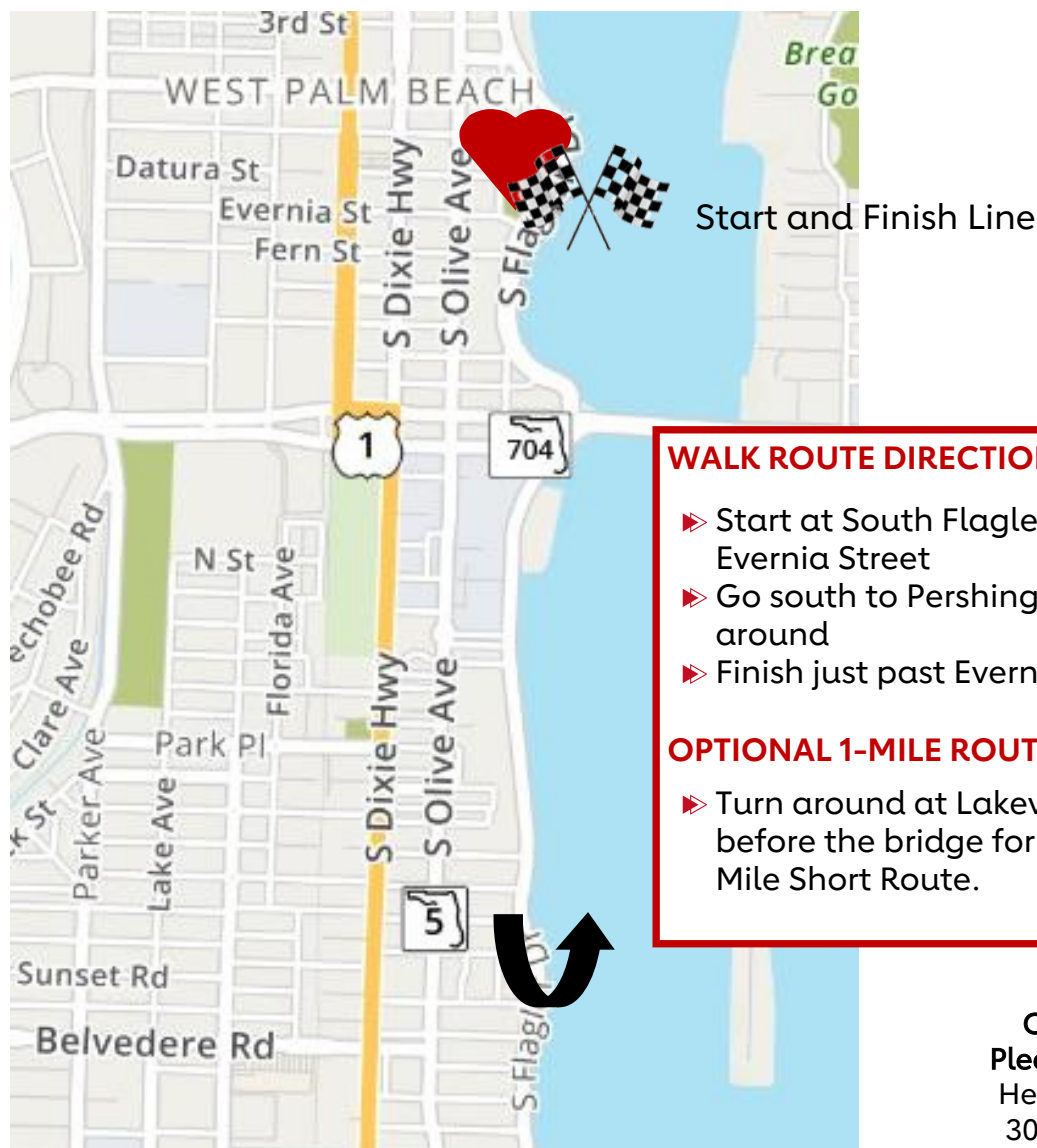
## Route Information

The route is approximately 3 miles.

The route starts on South Flagler Drive and Evernia.

Entertainment and water will be available on the route.

An optional 1-mile short route is available.



### WALK ROUTE DIRECTIONS:

- Start at South Flagler Drive and Evernia Street
- Go south to Pershing Way and turn around
- Finish just past Evernia Street

### OPTIONAL 1-MILE ROUTE:

- Turn around at Lakeview Avenue, just before the bridge for an optional 1-Mile Short Route.

Questions?  
Please Contact:  
Heather Lopez  
305-917-5897



## Thank you to our generous sponsors

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### Healthy for Good Sponsor



### Live Fierce. Take Action Sponsor



### Live Fierce. Reduce your Risk. Sponsor



### Event Sponsors



Aerojet Rocketdyne | Encompass Health | Jupiter Medical Center  
Medical Specialists of the Palm Beaches - Cardiology  
Nicklaus Children's Hospital

### Media Sponsors

