



American Heart Association®

Heart Walk®

# 2019 Cleveland Heart Walk

September 21, 2019  
Mall C Downtown Cleveland

The Heart Walk is the American Heart Association's premier event for raising funds and raising heart rates to save lives from the No. 1 and No. 2 global killers - heart disease and stroke. Under the Healthy for Good movement, the 2019 Cleveland Heart Walk promotes physical activity and heart-healthy living in a fun, family environment. Set in the backdrop of Cleveland's iconic downtown mall, approximately 10,000 people walk the 1 & 3 mile routes to honor a loved one or to celebrate taking steps to live a healthier life.

Start a Heart Walk team with your friends, neighbors or company today:  
[www.heart.org/clevelandwalk](http://www.heart.org/clevelandwalk)



**A message from our 2019 Cleveland Heart Walk Chairman,  
Dr. Edmund Sabanegh  
President, Main Campus & Regional Hospitals  
Cleveland Clinic:**

"I am honored to lead the 2019 fundraising and engagement efforts for the American Heart Association's Heart Walk in Cleveland. This event inspires more than 10,000 community members by walking in honor of those who suffer from heart disease or stroke, raising funds for the advancement of research and treatment"

## Join Us

September 21, 2019  
Mall C, Downtown Cleveland  
301 Lakeside Ave E.

## Schedule of Events

7:00 AM-11:30 AM

7:00 AM  
Sunrise Yoga & Barre

7:45AM, 8:30AM & 9:15AM:  
30 minute Spin Rides by Cyclebar  
\*\$25 Registration Fee

8:00 AM-11:30 AM  
Healthy For Good Festival  
Family & dog friendly event with free blood pressure screenings, health information, CPR demos, kids zone activities & more

10:00 AM  
1 or 3 Mile Walks Begin

## Get Involved:

**Register with your company**, start a team or join an existing one, ask your co-workers to join you in the mission to save lives by raising funds & walk with pride!

**Register your own community team**, ask family members and friends to join your team and raise money in honor of a survivor!

Although there is not a registration fee, all walkers are encouraged to collect donations in support of our mission. Online fundraising tools, a mobile app and collection envelopes are available to assist you in your efforts.

Heart & stroke survivors will be honored with a signature survivor hat. Survivor capes are available for our young child survivors.

**Don't see your company listed or need help registering? Please contact:**  
Stephanie.Snyder@heart.org | 216.619.5154

Healthy For Good Sponsors:

