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Chairperson's Welcome

Dear Walkers,

Welcome to the 2024 Greater Cleveland Heart Walk! For a century, the American Heart Association has been at the forefront of saving lives, driving scientific innovation and advocating for healthier communities. Thanks to supporters like you, the Heart Walk brings together friends, families, coworkers and neighbors to make a real difference.

9 out of 10 people who suffer cardiac arrest outside the hospital do not survive, often because bystander CPR was not performed. But we have the power to change that. Every step you take and every dollar you raise through Heart Walk will help train more people in lifesaving CPR, fund critical research and create more lifesaving moments.

So, as we walk, let's take a moment to reflect on the impact we're making. Every contribution is a step toward building a world of longer, healthier lives. This powerful fundraiser protects our loved ones from heart disease and stroke.

As the American Heart Association embarks on its second century of saving lives, let's unite to drive meaningful change in our community. Together, we can pave the way for a healthier future.

Let's walk with purpose. Let's walk to save lives.

CHAIR
GEORGE SULLIVAN
Chief Executive Officer
Equity Trust







2024 Greater Cleveland Heart Walk **Executive Leadership Team**

GEORGE SULLIVAN* Chief Executive Officer **Equity Trust**







BENJAMIN M. COOKE **Partner** Hahn Loeser & Parks LLP



STEVE COOKE, D.D.S Dentist Stephen D. Cooke, D.D.S., Inc.



FRED DEGRANDIS* Chief Executive Officer NorthCoast Healthcare



JOAN GREENE Assistant General Counsel Applied Industrial Technologies



TOM HABLITZEL* Retired American Heart Association Giving Societies Ambassador



JEREMY HALFORD Chief Operating Officer Graftech



LEE ANN HOWARD Chief Executive Officer Howard & O'Brien **Associates**



President & CEO The Center for Health Affairs & CHAMPS



JIM MIKOLICH Thermals Engineering Manager Parker Hannifin Corporation, Parker Aerospace Group



ONALD MALONE JR., MD* Senior Advisor Professor of Psychiatry, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University Cleveland Clinic



GARY ROBINSON CEO Centers for Dialysis



TONY SIRACUSA* Vice President & General Manager STERIS I Procedural Solutions



GREG TEED* President Vitamix



Week of **Wellness September 23**rd – **28**th

MOVE MORE MONDAY – September 23rd

Get warmed up for Week of Wellness and <u>Stop Sitting</u> today with a binge break with our #MadeYouMove <u>Sofa Stretch</u>, <u>Accent Chair Dips</u> or <u>Torso Twist</u>.

EAT SMART: HEALTHY TIPS TUESDAY - September 24th

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with <u>healthier condiments</u> or <u>smart substitutions!</u>

BE WELL WEDNESDAY - September 25th

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a guided meditation.

THANKFUL THURSDAY – September 26th

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

BEST FRIENDS FRIDAY – September 27th

Pets can help you reduce stress, boost mood, get more exercise and lower blood pressure & cholesterol (we've got <u>the science</u> to prove it)! Show us your best photo of you and your furry best friend on walk!

HEART WALK DAY - September 28th

Join us in The Flats East Bank for our Heart Walk celebration.







At the Heart Walk

SCHEDULE OF EVENTS

8:30 a.m. - 10:00 a.m. - VIP Breakfast Celebration

Available to qualifying Top Walkers and Teams at AlleyCat Oyster Bar

9:00 a.m. - Heart Walk Festival

- Rally your team members and enjoy the scenic views on the water and different photo opportunities.
- Turn in remaining Heart Walk donations
- Know Your Numbers with a complimentary blood pressure reading by Cleveland Clinic
- Learn the <u>2 steps of Hands-Only CPR</u>, brought to you by **Equity Trust, Parker Hannifin, STERIS and Applied Industrial Technologies**
- Stop by the Kids Zone to experience interactive activities to keep your little ones entertained!
- Enjoy a complimentary hot coffee donated by Starbucks.
- Bring your 4-legged friends to the Pet Zone and learn how they can have a profound impact on heart health!

9:40 a.m. - Hands-Only CPR demo, led by Cleveland Clinic

9:55 a.m. - Group Stretch, led by Cleveland Clinic

10:00 a.m. - Program, led by WKYC Special Projects Reporter, Lindsay Buckingham

• Welcome remarks from important and passionate volunteers in our Cleveland community, a lifesaving CPR demo & celebration of our Heart Walk Hero, Bella Jordan!

10:15 a.m. - 1 and 3-mile Heart Walk

11:30 a.m. – Event Concludes

• Though our event is wrapped up, we invite you to visit area businesses and enjoy downtown CLE!

MEET OUR EMCEE - LINDSAY BUCKINHAM, WKYC STUDIOS



You can catch Lindsay on 3News providing hopeful and inspiring stories in her "Heartstrings" series. She has earned 17 Regional Emmy nominations and an Emmy Award for her "Heartstrings" reports. She has also earned Gracie and Edward R. Murrow Award nominations.

Lindsay is a Rocky River native and graduate of Rocky River High School. She obtained a journalism degree from Columbia College Chicago. After graduating from Columbia, Lindsay interned at WBBM-TV, working closely under award-winning investigative journalists, Dave Savini and Pam Zekman, for more than a year.

Lindsay is a long-time volunteer of the American Heart Association, and we are thrilled to have her return as the emcee of the 2024 Greater Cleveland Heart Walk!



CELEBRATE SURVIVORS

Heart disease and stroke survivors are at the HEART of our day! We encourage our survivors to stop by the Survivor Area to pick up your special hat and commemorative pin to show your triumph over heart disease or stroke. Tribute stickers will also be available for all participants to fill out and wear on your shirt to indicate who you are walking for.

For every care in the community.

We proudly support the

American Heart Association Heart Walk

and its commitment to being a

relentless force for a world of
longer, healthier lives.



DIRECTIONS **AND PARKING**





Flats East Bank, located at 1146 Old River Road, Cleveland, OH 44113

- SUGGESTED PARKING LOTS:
- 1055 Old River Road, Cleveland, OH 44113 (Green Lot) \$5.00
- 2 1016 Main Ave, Cleveland, OH 44113 (Blue Lot) \$5.00
- 3 1010 Front Ave, Cleveland, OH 44113 (Red Lot) \$5.00
- Front Street Garage at 950 Main Ave, Cleveland, OH 44113 \$13 (for up to 12 hours)

*Please be advised that the parking lots listed here are just suggested options for your convenience. There are other parking lots available throughout the area. We encourage you to explore additional parking facilities to find the best option that suits your needs. All parking lots accept cash and credit card. Prices subject to change.





Festival Map





American Heart Association, turn in your donations here and volunteer check-in



*VIP Valet Parking & Breakfast for qualifying walkers and teams as of 9/14/24. *Must show pass upon entry. Breakfast is 8:30 – 10 a.m. and cars must be picked up by 12:30 p.m.



Kid's Zone



Take advantage of the two photo opp areas & share your photos #ClevelandHeartWalk

- B. **Survivor Celebration**, brought to you by **Cleveland Clinic**
- C. **Blood Pressure Screening**, brought to you by **Cleveland Clinic**
- 1. Parker Hannifin
- 2. STERIS
- 3. Applied Industrial Technologies
- 4. CVS Health & Aetna
- 5. Quest Diagnostics
- 6. Centers for Dialysis Care
- 7. Eat Street
- 8. Coffee

Please contact <u>clevelandheartwalk@heart.org</u> or (216) 619-5150 for more information.



1 and 3-Mile Route Map*



Please contact <u>clevelandheartwalk@heart.org</u> or (216) 619-5150 for more information.



A Mission Close to Our Hearts

Equity Trust Company is proud to support the American Heart Association and the 2024 Heart Walks. We are committed to promoting heart health and raising awareness about cardiovascular diseases, which impact millions of lives every year.

Equity Trust CEO George Sullivan is honored to serve as chairperson for the 2024 Greater Cleveland Heart Walk and help champion this important cause.

Together, we can make strides towards a healthier future for everyone.



GEORGE SULLIVAN CEO, Equity Trust Company





Celebrating 50 Years of Service.

Should I register ahead of time? Absolutely! Registering online at www.heart.org/ClevelandWalk gives you access to all our great fundraising tools and keeps you updated on day of event info.

Can I participate in Heart Walk if I'm not on a team? Sure, you can walk and fundraise individually. Every donation will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you as a Heart Walk hero.

Is there an indoor option in case of rain? No, the Heart Walk will take place, rain or shine, outdoors.

Are kids and strollers allowed? Definitely! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted!

Will you have water? We promise to keep you hydrated! Bring your reuseable water bottle, as we will have a water provided by Kinetico Water Systems. We will also have bottled water available, generously donated by Giant Eagle.

Are pets allowed? Yes, but please know this is a family-friendly event. Non-aggressive, leashed pets are welcome at the event. Please clean up after your dog and make sure you stop by the Pet Zone!

Can I turn in money at the Heart Walk? You sure can! Stop by the American Heart Association tent outside of The Lakehouse. Otherwise, no check in needed, just lace up & show up to walk!

How are donations made? Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the Heart Walk App!

Will I receive a Heart Walk t-shirt? All walkers who raise \$100+ can redeem Heart Walk Hero Gear from our Heart Walk Rewards Center in your Heart Walk Headquarters and in the Heart Walk App. There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available through November 8, 2024.

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local <u>American Heart Association</u> <u>Representative</u> through December 1, 2024.





heart of goodness

Pleased to sponsor the Cleveland Heart Walk.

#meijercommunity

Building a culture where employees thrive is no longer an option... it's a business imperative.

THANK YOU TO OUR GREATER CLEVELAND 2024 HEART CHALLENGE LEADERS

Greater Cleveland Heart Walk Chair

George Sullivan

Chief Executive Officer
Equity Trust

Ashtabula County Heart Walk Chair

Jeff Orloff

President SPIRE Academy Cleveland CycleNation Chair

Shawn Isham

VP, Engine Business and SAE Business Development & Global Support Parker Hannifin Corporation

Congratulations to these Executives with Heart participants for accepting the challenge to raise \$5,000+ for the lifesaving mission!



George Sullivan

Equity Trust Company



Tom Hablitzel

American Heart Association

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Stephen D. Cooke, D.D.S., Inc.



Richard Morrison

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Patrick Scullin Giant Eagle



Lorena Deyman Cleveland Clinic



Joe Castillo Giant Eagle



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Cleveland Clinic



Nick Liberatore
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Cleveland Clinic Health

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NorthCoast Healthcare

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The Center for Health Affairs and CHAMPS

🎁 James Mayer

Huffman Mayer Wealth Management Group of Wells Fargo Advisors

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Greg Teed
Vitamix

Richard Trice

Glenbeigh Hospital, Ashtabula Regional Medical Center

Kurt Weber

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Denotes Cor Vitae Society Membership The Cor Vitae Society is the annual philanthropic giving society of the American Heart Association

Platform Sponsor



Proud sponsor of the

2024 Cleveland Heart Walk

and supporter of the

American Heart Association



STERIS is a leading global provider of products and services that support patient care with an emphasis on infection prevention.



2024 HEART HERO





In a period of just 24 hours, little Bella Jordan went from laughing and playing with her sisters, to fighting for her life in the hospital. It was unclear if Bella, who was just two months old at the time, would even be able to celebrate her first birthday. She received a life-saving heart transplant, giving her a second chance at life and allowing her to embrace a future her family once feared might be cut short.

This year, we walk for Bella. Watch her full story <u>here.</u>

EARN AMERICAN HEART ASSOCIATION HEART HERO SWAG



Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center — points you can redeem for Heart Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health!

Log in to your <u>Heart Walk HQ</u> on your PC or HW App to visit the <u>Rewards Center</u>. All prizes must be redeemed by November 8, 2024.

THANK YOU

IN KIND DONORS

Artemis Awards Cleveland Guardians Giant Eagle Starbucks The Center for Health Affairs and CHAMPS Healthcare





CLEVELAND CYCLENATION

Thursday, June 5, 2025

Social Hour at 5:00 p.m. Ride from 6:00-8:00 p.m. FWD Day + Nightclub

1176 Front Avenue, Cleveland, OH 44113

CycleNation is a movement empowering people to be healthy while funding vital research to eradicate stroke and heart disease. We ride for those who can't. For those who have lost their lives and for those who are still writing their comeback stories. With each push of the pedal, we are connecting hearts, minds and bodies for one purpose - to save lives.

Gather a team of 2-8 riders I Ride a stationary bike collectively for 2 hours I Strive to raise \$2,500 as a team



Niki Schaefer Chair

Vice President ad General Counsel ReliabilityFirst Corporation



For more information, or to register, visit: cyclenation.org/cleveland







RIDE THE REVOLUTION.

EVENT SPONSORS





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Parker is proud to sponsor the 2024 Cleveland Heart Walk and support the American Heart Association in their relentless efforts to fight heart disease and stroke.

Congratulations to the AHA on 100 years of enabling longer, healthier lives!



WATER IS LE

Kinetico has been improving water and lives for more than **50 years**.

We are proud to support The American Heart Association and your heart-healthy living.

kinetico.com

The quality of water affects your mind, body and spirit.





These Top Heart Walkers & Teams have put a tremendous amount of time and effort into raising lifesaving funds for the American Heart Association mission and we are very grateful for them!

TOP WALKERS, RAISING \$1,000+*

- ♥ Dana Al Shamasneh
- ♥ Debbie Allmon
- ♥ Jacqueline Bailey
- ♥ Dr. Benico Barzilai
- Maria Bazdar
- Ciara Bertke
- ▼ Tracie Brown (Shelton)
- ♥ Nancy Brunton
- ♥ Nicole Byram
- ▼ Joe Castillo
- Michelle Castle
- ▼ Adriana Chichernea
- ♥ Dawn Clark
- Stephen D. Cooke
- Fred DeGrandis
- ♥ Lorena Deyman
- ▼ Kasey Eberling
- ▼ Nicole Elegban
- Pat Glover
- ♥ Bonita Gogolek
- Joseph Grech
- ▼ Tom Hablitzel
- ▼ Jeremy Halford
- ▼ Stephanie Harden

- ♥ Kierstyn Hayden
- ♥ Jennifer Hickman
- ▼ Lee Ann Howard
- Christine Humphrey
- ♥ Dr. Shazam Hussain
- ♥ Greg Krzemien
- ♥ Erin La Bua
- ▼ Nick Liberatore
- ▼ Joelle LoFaso
- Heather Lohr
- Cindy Lorion
- ♥ Dr. Donald Malone, Jr.
- ▼ Ryan Marrie
- ♥ Danielle Martincic
- ▼ Emily McElhaney
- ♥ Denise McGee
- ▼ Barb Metzgier
- ▼ Jennifer Mitchell
- ▼ Judy Moran
- Justine Morrison
- Kathleen Negrey
- JillOdabashian
- ▼ Lori Orzech
- ♥ Dianna Queheillalt

- Mamatha Ramegowda
- ♥ Sarah Repasy
- ▼ Chelsea Rinaldi
- ♥ Sonya Rivers Petty
- ▼ Nettie Roldan
- ♥ George Rouse
- Jeremy Rupert
- ♥ Kathleen Russell
- ♥ Judy Santora
- Missy Schmitt
- ▼ Chris Schwanenberger
- ♥ Patrick Scullin
- ▼ Tony Siracusa
- Jenn Smith
- Katie Stepic
- Kim Stevens
- ♥ George Sullivan
- Jim Suttie
- Greg Teed
- ♥ Patrick Tobler
- ♥ Brittany Tucker
- ♥ Dr. David Van Wagoner
- ♥ Stephanie Westerh

TOP TEAMS, RAISING \$5,000+*

- **▶ Board of Directors Team,** American Heart Association
- Cardiac Cuties, Cleveland Clinic, Nursing HVI (Main Campus)
- ✔ Dr. Barzilai & CVM APPs, Cleveland Clinic, Heart, Vascular & Thoracic Institute
- Dr. Donald Malone's Team, Cleveland Clinic, Hospital President's Office/Executive Administration
- ▶ **Dr. Stephen Cooke's Team,** Stephen D. Cooke, DDS., Inc
- ♥ George Sullivan's Team, Equity Trust Company
- ▼ GrafTech Team, GrafTech
- Greg Teed's Team, Vitamix

- ➤ Heart Vascular & Thoracic Institute, Cleveland Clinic, Heart, Vascular & Thoracic Institute
- Joe Castillo's Team, Giant Eagle, 0218 City View
- ▼ Lorena Deyman's Team, Cleveland Clinic, Hillcrest Hospital
- ▼ Lori Orzech's Team, Cleveland Clinic, Fairview Hospital
- ▼ Pat Scullin Team, Giant Eagle
- ▼ Stephanie Westerh's Team, American Heart Association
- **▼ Team STERIS General, STERIS**
- The Heart Steppers, Cleveland Clinic, Nursing Surgical Operations



Vitamix is proud to support the lifesaving science made possible by the 2024 Cleveland Heart Walk.







Proud supporter of the Heart Walk



CDCare.org | 216.295.7000

THANK YOU, NATIONAL TEAMS

Big shout out to our National Teams located in Greater Cleveland, OH! These companies have multiple locations that participate in Heart Walk throughout the nation and connect their employees as they work towards a common goal. For a full list of National Teams, please <u>click here</u>.







CIRCLE OF EXCELLENCE AWARD WINNERS

The Circle of Excellence award recognizes companies whose employees have fundraised \$100,000 or more. Thank you for fighting for the health and well-being of our community!









JO ANN HABLITZEL **MEMORIAL RESEARCH**

Jo Ann (Konieczny) Hablitzel was the youngest of seven children born to Polish immigrants in Oak Harbor, Ohio. She was very involved in school events, was an excellent student and went on to graduate from Bowling Green State University with a degree in Education. She married Charles Hablitzel, whom she met in high school, and they raised their four children in Oak Harbor.

Jo Ann taught middle school math in the Oak Harbor school system (Benton Carroll Salem) for nearly 30 years and she invested in her students both in and out of the classroom. She was a leader in her small-town community, teaching Sunday school and supporting local charities, as well enjoying nights with the girls in her card club! Jo Ann had a sense of humor, engaging personality and was always willing to help a neighbor. She also had a collection of angels throughout her home and believed they existed in Heaven and on Earth.



Jo Ann passed away suddenly at the age of 61 on July 28, 2002, due to complications following a mild heart attack. It was discovered that she was allergic to the blood thinner medication she received.

In her memory, Jo Ann's son Tom and his wife Jan established the Jo Ann Hablitzel Legacy Research Reception in Cleveland. This Research Reception is an opportunity for invitees to enjoy a behind-the-scenes look at how funds donated in support of the American Heart Association are helping to advance medical research and education right here in Northeast Ohio. Tom and Jan also established the Hablitzel Family Pre-Doctoral Fellowship in cardiovascular research, to help spark the career of an aspiring local researcher, lead to future innovations in the fight against heart diseases & stroke and hopefully prevent other families from losing their loved ones too early.



SAVE THE DATE

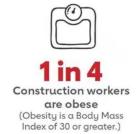
Jo Ann Hablitzel Legacy Research Reception December 5, 2024



Lerner Research Institute

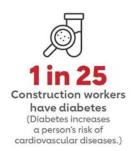
Learn more at heart.org/cleheartball











THANK YOU TO OUR STEERING COMMITTEE AND SUPPORTERS FOR HELPING US BUILD A HEALTHIER WORKFORCE!





William B. Peacock III Chief Operating Officer 2023 Hard Hats with Heart Chairman





Robert Mehosky, PE Sr. Director Construction Program Management & Delivery Building + Design



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Deanna Trihas Senior Director Enterprise Activation Planning Building + Design

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Thank you, Cor Vitae Society Members

Latin for The Heart of Life, this is the American Heart Association's annual Philanthropic Giving Society.

Society members have made a personal investment through a variety of campaigns as well as provide direct support for bold new initiatives and programs locally, regionally, and across the nation. Learn more at heart.org/corvitaesociety or contact Tom Hablitzel, Giving Societies Ambassador.



HEART & TORCH CIRCLE, LIFETIME GIVING MEMBERS



1924 CIRCLE, LIFETIME GIVING MEMBERS



Lorraine & Bill Dodero



Tom & Jan Hablitzel *



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In loving memory of Dolores M. Lyon
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Thank you, Paul Dudley White Legacy Society Members



The Paul Dudley White Legacy Society recognizes donors who support the American Heart Association through a will, trust or other estate planning vehicle such as account beneficiary designation form.

Named for one of our founders, Dr. Paul Dudley White, considered the father of American cardiology, members not only continue Dr. White's legacy, but also create a legacy of their own.

Angela C. Adams **Eunice Adams** Jacquelyn A. Adams Leon Ramone Adams Catherine Anthony Linda D. Arida Dr. Robert C. Bahler Kayanne Barberio Pamela Brown Karen K. Butler **Dolores Cairns** Pamela Callahan Lori Ann Capasso Judy Cechura Ann W. Chapman Mary Elaine Chase Brenda Clark Dawn Clark * Brooke Codney Larilee Cook Gloria Costella Tori D. D'Amico Laura Davis Fred M. DeGrandis, Sr. * Charles L. Denniston Gina Difrancesco Dr. Lamont L. Dozier Jeannie M. Estremera Evelun C. Faulkner Aeron Fidler-Warren Jeffrey Alan Freeman Gladys Gaydosh Eileen B. Geordt Jeff Gray

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William M. Perrin Nancy E. Pound Tina Rosario Scott Purtell Barbara Reunolds Diane Roberto DeAna Rodriguez Dr. Howard E. Rowen Patricia Salvador Dr. John W. Schaeffer Rob S. & Heather Schimmelpfennig * Jay A. Schwind Tony Siracusa * Cindy Six Jacqueline Sopko John Sovis Milijana B. Sretenovic Stacey Stoudemire Harriet B. Taylor Charlotte B. Thomas Christina L. Turner Diane L. Tyson Nicholas & Sonya Vezmar * Lynn R. Vincent **Dorothy Weathers** Shelley Webber Margo Wesley Davitt Martha J. Williams Robert Williams Deborah Willoughby Helen M. Wilson Margaret L. Wise Denise Young Jeffrey Zemito *

Learn more at heart.org/plannedgiving or contact Tom Hablitzel, Giving Societies Ambassador



APPLIED INDUSTRIAL TECHNOLOGIES

Applied Industrial Technologies is a leading value-added distributor and technical solutions provider of industrial motion, fluid power, flow control, automation technologies, and related maintenance supplies.



A Cleveland-based company for more than 100 years, Applied® is dedicated to enhancing the quality of life and wellness of our community by supporting the work of the American Heart Association and their important mission to save and improve lives from cardiovascular diseases.

Applied.com





6 Years participating

\$45k

\$16k-

BME

Proud supporter of the American Heart Association's Heart Walk

BWE is committed to the American Heart Association's effort to spread awareness of heart disease and stroke prevention.



Quest Cardiometabolic Center of Excellence at ⊕ClevelandHeartLab



The American Heart Association is an Official Charity Partner for the Cleveland Marathon on May 17-18, 2025.



Working together for better health

With more people at risk for cardiovascular disease than ever before, the Quest® Cardiometabolic Center of Excellence™ at Cleveland HeartLab® advances a prevention-focused approach, specializing in prognostic and diagnostic testing for prevention, diagnosis, and management of heart disease and metabolic-associated conditions.

We foster innovation to detect cardiometabolic conditions in their early stages, enabling clinicians to develop intervention strategies to put those most at risk on a path to better health.

QuestDiagnostics.com

Quest is proud to support the American Heart Association's Heart Walk.