



American Heart Association®  
Heart Walk.™



**2024 PALM BEACH COUNTY**

# HEART WALK

**Saturday, November 9**

**Meyer Amphitheater - 104 Datura St. West Palm Beach, FL**

**#PBHeartWalk #IWalktoSaveLives**



**@AmericanHeartFlorida**



**@AmericanHeartFL**

**PalmBeachHeartWalk.org**

**7:30 a.m. The Fun Begins**

**8:30 a.m. Opening Ceremonies**

**9 a.m. Walk Starts**





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## 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 7:30 a.m.
  - ▶ Do I need to check-in? There is no check-in. 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 any of the public 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? There will be QR codes at every tent to donate online only. For security reasons we will not have a location to accept donations on-site. If you have physical donations, please contact [PBC@heart.org](mailto:PBC@heart.org) and an employee will work with you to coordinate pick-up.
  - ▶ What should I tag on social media? Share special moments with [#PBHeartWalk](#) and [#IWalktoSaveLives](#) and tag [@AmericanHeartFlorida](#) on Facebook and [@AmericanHeartFL](#) on Instagram.
- How do I enter our company t-shirt into the t-shirt design contest?
- ▶ Contact [PBC@heart.org](mailto:PBC@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)







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## Parking

Below are the available parking garages.

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

City Center Garage  
400 Banyan Blvd  
.03 miles  
8 min. walk

Banyan & Olive Garage  
200 Banyan Blvd  
.02 miles  
5 min. walk

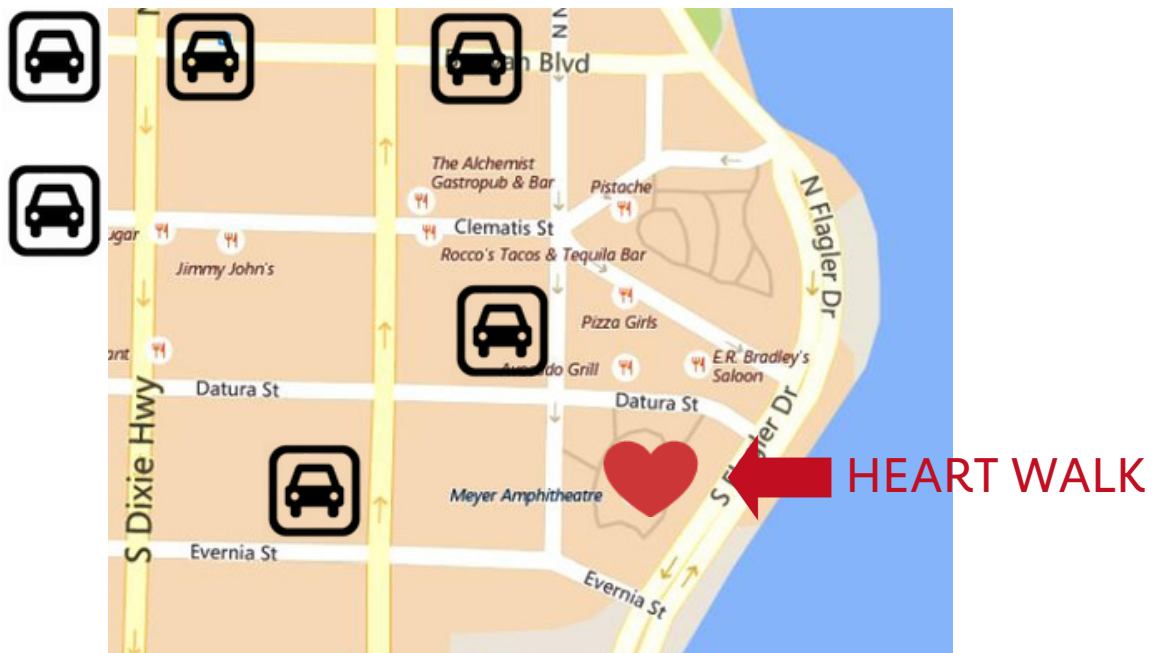
Evernia Garage  
333 Evernia St.  
.02 miles  
5 min. walk

Sapodilla Garage  
601 Banyan Blvd  
.06 miles  
13 min. walk

Clematis Garage  
500 Banyan Blvd  
.04 miles  
10 min. walk

One Parking  
205 Datura Street  
Less than a mile  
2 minute walk

**\*Please note: the closer parking garages are also used by the green market and become congested during the afternoon.**





## Fundraising Ideas

- ▶ Give a personal donation.
- ▶ Ask 3 friends to give \$25.
- ▶ Start a Facebook Fundraiser.
- ▶ Download the Heart Walk Mobile App to do all 3!



APPLE APP STORE



GOOGLE PLAY STORE

## Incentives in our Rewards Center

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

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



Heart Walk Heart Tee  
Red Heather  
Unisex Sizing

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

**\$1,000+ Top Walkers:** Walkers who personally raise \$1,000+ receive access to our VIP area, and special recognition benefits.





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## Event Activities

NEW this year! We will be presenting a **Lifesaver Award** to a CPR superhero who has saved a life with CPR. Nominate a lifesaver you know through Nov. 4 at this link: [bit.ly/3UmPuEX](https://bit.ly/3UmPuEX)

Play games or enjoy face painting in our **Kid Zone** sponsored by TBC Corporation!

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

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, lapel pin and VIP badge at our **survivor tent**.

Take a fun photo and commit to a healthy habit in the **360 Photo Booth**, sponsored by HCA Florida Healthcare, supported by the HCA Healthcare Foundation.

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 sponsored by Florida Power and Light.

**Learn about healthy habits** from physicians at Medical Specialists of the Palm Beaches on our Facebook page [@AmericanHeartFlorida](https://www.facebook.com/AmericanHeartFlorida).

Stop by the Nicklaus Children's Hospital tent to **make fun shoelaces** so you can walk in style!

Head to the AvMed tent for **giveaways and games**.

Ready to walk? Meet us at the **Start Line** sponsored by L3 Harris (Aerojet Rocketdyne) when you hear the announcement from our emcee. Don't forget to take a celebratory photo as you cross the **Finish Line** sponsored by GOLDLAW.



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## Company Photo Schedule



### A

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.

#### **REPORT TO THE NORTH SIDE OF THE AMPHITHEATER**

7:58 The School District of PBC	8:28 L3Harris (Aerojet Rocketdyne)
8:00 Mount Sinai New York	8:31 Healthcare District of PBC
8:02 TBC Corporation	8:34 Wellington Regional Medical Center
8:04 Gunster	8:37 Palm Beach Health Network
8:06 Florida Power & Light Company	8:40 Palm Beach County Sheriff's Office
8:08 Executives with Heart	8:43 Shutts & Bowen
8:10 KAST Construction	8:46 Palm Beach State College
8:12 HCA Florida Healthcare	8:48 SV Microwave
8:14 Encompass Health	8:50 GOLDLAW
8:16 The Breakers	8:52 MSPB
8:18 Select Specialty Hospital	8:54 Cleveland Clinic
8:20 South University	8:56 Sotheby's International Realty
8:22 Baptist Health	8:58 Okeechobee Steakhouse
8:25 Jupiter Medical Center	



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# Company Photo Schedule



## B

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 west side of the lawn near the restrooms.

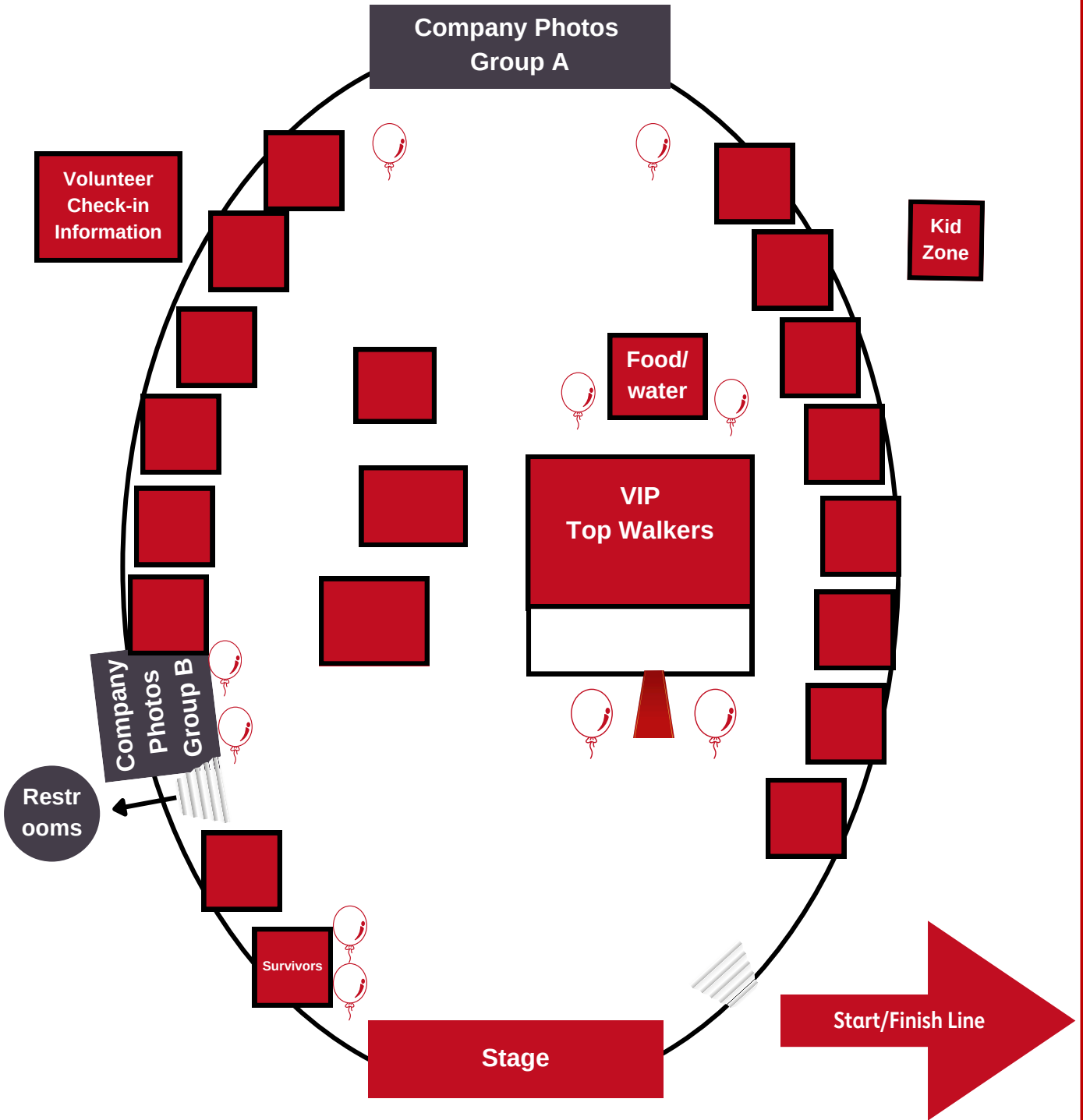
### **REPORT TO THE WEST SIDE OF THE AMPHITHEATER**

7:58 Ranger Construction	8:22 Air Compressor Works
7:59 Florida Atlantic University	8:24 Alvarez and Marsal
8:00 Lesser, Lesser, Landy & Smith	8:26 Orangetheory Fitness
8:01 Lewis, Longman & Walker, P.A.	8:28 Medtronic
8:02 Akerman LLP	8:30 Bank of America
8:03 City of West Palm Beach	8:32 BDO
8:04 NAI/ Merin Hunter Codman	8:34 Oxbow Carbon
8:05 Lytal, Reiter, Smith, Ivey & Fronrath	8:36 Campazzi Concierge Medicine
8:06 Lawyers Have Heart	8:38 Welltower Inc.
8:07 Florida Electrophysiology Assoc.	8:40 Citizens Private Bank
8:08 Nicklaus Children's Hospital	8:42 U.S. Polo Assn. Global
8:09 Insite Studio	8:44 Rudolph & Associates
8:10 Black Diamond	8:46 Kolter Homes
8:12 KEITH	8:48 Doane & Doane
8:14 SpinaOrourke + Partners	8:50 Stryker
8:16 Tortoise Properties	8:52 LEO A DALY
8:18 UBS Financial Services Inc.	8:54 UES
8:20 Cresa, LLC	8:56 Jones Foster



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# Site Map







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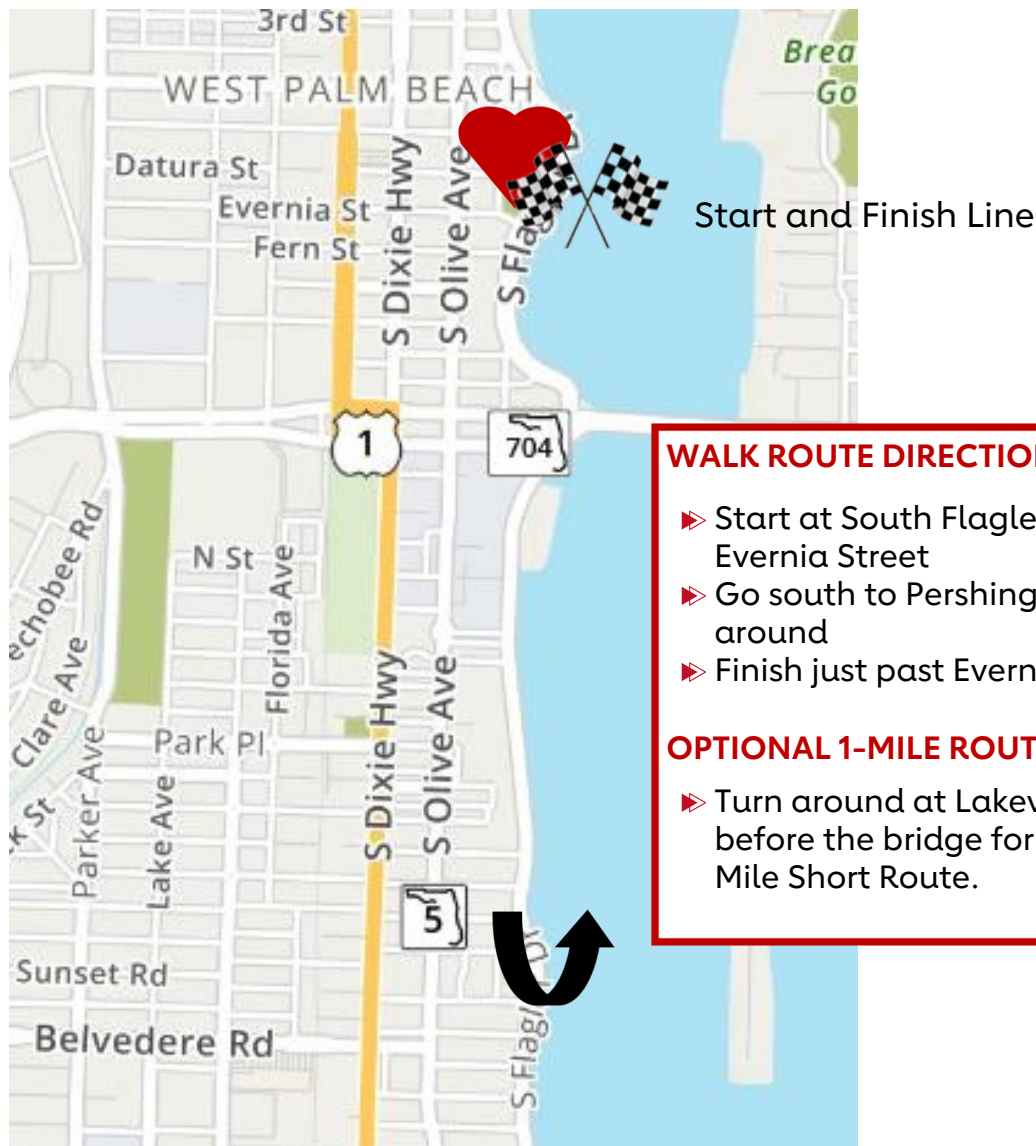
## Route Information

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.





# Thank you to our generous sponsors

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## Healthy for Good Sponsor



## Local Getting to the Heart of Stroke Sponsor



Supported by the HCA Healthcare Foundation

## Event Sponsors



AvMed | Baptist Health | Cleveland Clinic | Doane & Doane  
Encompass Health | GOLDLAW | Jupiter Medical Center  
L3 Harris (Aerojet Rocketdyne) | Nicklaus Children's Hospital  
Stryker Medical | The Breakers

## Media Sponsors

