

2022 Long Island Heart Walk Event Schedule:

9:00 AM

Move More with *Mount Sinai South Nassau* Warm Up

9:15 AM

Opening Ceremony

10:00 AM

Learn how to save a life at a **Hands-Only CPR Demo**
presented by Mount Sinai South Nassau

10:30 AM

Top Walker Celebration

11:00 AM – 12:00 PM

Fine-TUNE Your Heart Health (Music at the Main Stage)