

National Start! Walking Day



American Heart
Association
Learn and Live



HEART WALK

Healthy Community:



Local Sponsors:



**Join Americans across the country on April 8, 2009
and bring your sneakers to work to take a walk on
National Start! Walking Day.**

Walk with us in Downtown Santa Rosa!

- The 15 minute walk begins 12pm at Courthouse Square in Downtown Santa Rosa.
- Follow the American Heart Association volunteers from Courthouse Square, through downtown Santa Rosa, to Macy's West & the heart health information booths.
- Take a minute to visit the Information booths, pick up a voucher for a free Subway sandwich (while supplies last*) & check out information for the **North Bay Start! Heart Walk on September 19, 2009.**

Visit WWW.heart.org/Start
to download your free
National Start! Walking Day toolkit

For more information, contact the
American Heart Association North Bay Office at (707) 542-1992

* Subway Sandwich voucher is available only for the 490 Mendocino Ave # 106, Santa Rosa, CA Subway franchise location on April 8th.