



## Why participate in the 2011 Metro Atlanta Heart Walk?

You may think you're in better health than you really are. In a recent survey, nearly 40% of people thought they were in ideal heart health, when in reality less than 1% of Americans have an ideal profile.

Your participation in the 2011 Metro Atlanta Heart Walk helps support critical, lifesaving and educational initiatives to help fight heart disease and stroke.

### Event Information

15,000 Atlantans will gather on Saturday, October 29, in downtown Atlanta in the Turner Field Green Lot (755 Hank Aaron Drive, Atlanta, GA 30315). Visit [www.atlantabrades.com](http://www.atlantabrades.com) for directions.

Festivities, such as company picnics, special children's activities, health screenings and entertainment, will begin around 8:00 a.m. The 5K/3.1-mile walk begins at 9:00 a.m.

### Registration

Follow these 4 simple steps to register for the 2011 Metro Atlanta Heart Walk:

1. Visit our website at [www.atlantaheartwalk.org](http://www.atlantaheartwalk.org).
2. To register as a participant, click **Register** then click **I agree** to the waiver.
3. Next, select **Join a Team**. Find your company in the drop-down box and find the name of the team you wish to join.
4. Log in to your personal Heart Walk page and personalize by telling your story and adding a photo.

**Saturday**  
**October 29, 2011**  
**Turner Field, Green Lot**  
**Walk Starts at 9:00 a.m.**  
**5K (3.1 Miles)**  
*Rain or Shine!*

Local *My Heart. My Life.* Sponsor:



### Fundraising

You can support the lifesaving work of the American Heart Association by asking friends, family members, neighbors, and co-workers to sponsor you in the 2011 Metro Atlanta Heart Walk. All funds raised will support the association's critical research, education and advocacy initiatives.

For more information contact:  
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