




Join the>> movement. Walk!>

Everyone Welcome! Join us in a Fun-Filled Day of Heart Healthy Activities to raise money for the American Heart Association.

- Community
Blood
Drive**
- Heart
Healthy
Walk-a-thon**
- Physician
Wellness
Presentations**
- Health Fair
& Blood
Pressure
Screenings**
- Food
Demos &
Samplings**

**Thursday, September 29, 2011
 1:00– 8:00 PM (Rain or Shine)**

**Kindred Transitional Care and Rehabilitation-The Greens and
 Kindred Assisted Living-The Fountains
 1555-1575 Brainard Road, Lyndhurst – 44124
 CALL TODAY (440) 460-1000 to participate in Walk-a-thon**



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- 1:00 pm** **Kick-Off: Mayor Joseph Cicero, Lyndhurst**
 Shelly Szarek-Skodny, CEO Kindred Campus
- 1:00-8:00** **Community Blood Drive**
- 1:00-3:00** **Walk-a-thon and Heart Healthy Walk Path**
- 1:15** **Chef Kindred Cooking Demonstration-Heart Healthy!**
- 2:00** **Trader Joe's Food Demonstration**
- 3:00** **Cleveland Clinic Foundation, Carol Hall, NP-**
 "Heart to Home program and so much more!"
- 4:00** **Fantasy Candy - "Yes Chocolate is Healthy!"**
- 5:00** **University Hospitals Case Medical Center Harrington**
 McLaughlin Heart and Vascular Institute, Dr. Rebecca Boxer
 "Prevention is your best heart medicine."
- 5:00-7:00** **Walk-a-thon and Heart Healthy Walk Path**
- 6:00** **RehabCare -"Movement makes a difference Demonstration."**
- 7:00** **Amy Wolf, Registered Dietitian RD/LD -**
 "How to have good eating habits in a super size me world."

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