

AMERICAN HEART ASSOCIATION

# HEART WALK/RUN 2018

SATURDAY, APRIL 21  
ONONDAGA COMMUNITY COLLEGE

Free on-site parking ♦ Indoor and outdoor activities



## Join Team Upstate!

Upstate's cardiovascular researchers receive funding from this event!

**FOR MORE INFO:** Zanette Howe, 315-464-4836 and Beth Sellers, 315-492-5551 (Upstate's Heart Walk coordinators)

### EVENT SCHEDULE

- 8:00 - 9:30 a.m. Registration & Heart Healthy Activities
- 9:00 a.m. Kids Fun Run
- 9:20 a.m. Upstate Team Photo
- 9:30 a.m. Opening & Survivor Recognition
- 10:00 a.m. Walk/Run begins - Rain or Shine

### ON-SITE REGISTRATION

Wednesday, March 14  
12 to 1:30 pm  
Community Campus Cafeteria

Thursday, March 15  
12 to 1:30 pm  
UH, 2nd floor lobby



To guarantee your shirt size (XS-4XL) and choice, you must register and pay by MARCH 20.\*

\* You must donate a minimum of \$35 (\$25 for students) to receive a shirt.

For a list of team captains: [www.upstate.edu/heartwalk](http://www.upstate.edu/heartwalk)

# TEAM UPSTATE

FOLLOW US:



Upstate Medical University



@UpstateNews  
#TeamUpstate  
#UpstateMedical



upstatemedical  
#TeamUpstate  
#UpstateMedical