

CALENDAR

OF EVENTS IN



New Jersey



Be Active, Be Healthy, Be Involved!

To help build awareness and educate the public, as well as raise funds for heart disease and stroke research, the American Heart Association and American Stroke Association host many events in your community throughout the year. Contact us to learn more and get involved!

Central NJ Heart Walk • October 6, 2018 | Arm & Hammer Park, Trenton | centralnjheartwalk.org

Help us hit heart disease and stroke out of the park! Join us for this fun, family-friendly event at Arm & Hammer Park, home of the Trenton Thunder.

Bergen Passaic Heart Walk • October 7, 2018 | Express Scripts Campus, Franklin Lakes | bergenpassaicheartwalk.org

Life is why we walk. Join walkers, donors and volunteers as we fight heart disease and stroke in our communities. Help us achieve our mission to build healthier lives.

Shoreline Heart Walk • October 13, 2018 | Asbury Park Boardwalk | shorelineheartwalk.org

We're bringing the Shoreline Heart Walk back to the Boardwalk! Join hundreds of families, businesses and organizations at the Jersey Shore for this fun event focused on cardiovascular health.

Greater Northern NJ Heart Walk • October 21, 2018 | South Mountain Recreation Complex, West Orange | greaternnjheartwalk.org

We aren't just walking. We're Heartwalking! Make the commitment to lead a heart healthy life and become healthy for good. Gather your friends, family and co-workers to support our mission to build healthier lives.

Southern NJ Fall Heart Walk • October 27, 2018 | Cooper River Park, Pennsauken | snjfallhw.org

Join hundreds of families, businesses and organizations in Southern NJ as we walk at Cooper River Park at this fun annual event. Celebrate heart health and learn to live Healthy For Good!

World Stroke Day • October 29, 2018 | Region-wide | www.strokeassociation.org

Stroke is the 5th leading cause of death in the U.S. and a leading cause of disability. Today, stroke is more treatable than ever, but time is critical. Share resources with your friends and family because together we can end stroke.

Eat Smart Day • November 1, 2018 | Region-wide | heart.org/HealthyForGood

Join the movement to live better! Start by making healthier choices in your diet. Small changes can lead to big results!



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www.heart.org/NewJersey



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