



2018 Phoenix Heart Walk

Saturday, April 7, 2018 | CityScape Downtown Phoenix

Join thousands of walkers from the Greater Phoenix area as they step out to have fun, get inspired, & support a meaningful cause! The Heart Walk is a 3 mile route and the Stroke Walk is a 1 mile route. Participants are allowed to bring strollers, rollerblades, etc., but please be mindful of the large crowds, especially at the Start Line. Dogs are welcome and, by City of Phoenix law, must be on leash and cleaned up after. We look forward to seeing you downtown!

Event Information

Date: Saturday, April 7, 2018
Location: CityScape 318 W. Washington Street Phoenix
Time: 8:00am to 12:00pm
The Route: 3-mile Heart Walk and a 1-mile Stroke Walk

Join the **Number Crunchers Team** for the 2018 Phoenix Heart Walk! Together we can take a step toward improving our heart health while having fun! Members of the **Accounting & Financial Women's Alliance** and the **Institute of Management Accountants**, along with friends and family will participate in both the 3 mile and 1 mile walks. No matter your fitness level, there is an opportunity to participate in the walk and the festivities. Please visit <http://www2.heart.org/goto/numbercrunchers> to join or support the Number Crunchers Team! Contact Team Captain Laura Mangan at 480-276-5926 or lauralynne@earthlink.net.



Let's Unite On National Wear Red Day®



15th Annual National Wear Red Day® is Friday, February 2, 2018

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women. But despite our progress, more work is crucial. 1 in 3 women die of heart disease and stroke each year. But what's more powerful? Millions of mothers, sisters, daughters and friends making a change.

More than ever, your financial contributions help save women's lives. Funds raised by Go Red support educational programs to increase women's awareness about their risk for heart disease and stroke as well as critical research to discover scientific knowledge about cardiovascular health.

Help raise awareness by participating in National Wear Red Day.

Wear Red that day, get your office or class to wear red, take pictures, share on social media with **#PhxGoRed**, visit heart.org and goredforwomen.org for heart health tips and resources.

