



Healthy For Good™
Heart Walk®

INAUGURAL NORTH COUNTY HEART
WALK

SAT. SEPT 30, 2017

OCEANSIDE PIER

EXPO OPENS AT 7 AM
WALK BEGINS AT 8 AM



Locally sponsored by



Tri-City Medical Center
ADVANCED HEALTH CARE...FOR **YOU**



Heart Walk

*Make a
Difference!*

The Heart Walk is the best way for companies and individuals to get involved in the fight against the No. 1 and No. 5 killer of men and women - heart disease and stroke. *Distance is 5k or 1 mile.*

All donations go directly to the following three local, North County programs: Little Hats Big Hearts, Life's Simple 7 Series and the Heart Walk Program.

Complete the no-cost registration *under Team Tri-City Wellness* and receive your **FREE sport shirt!***

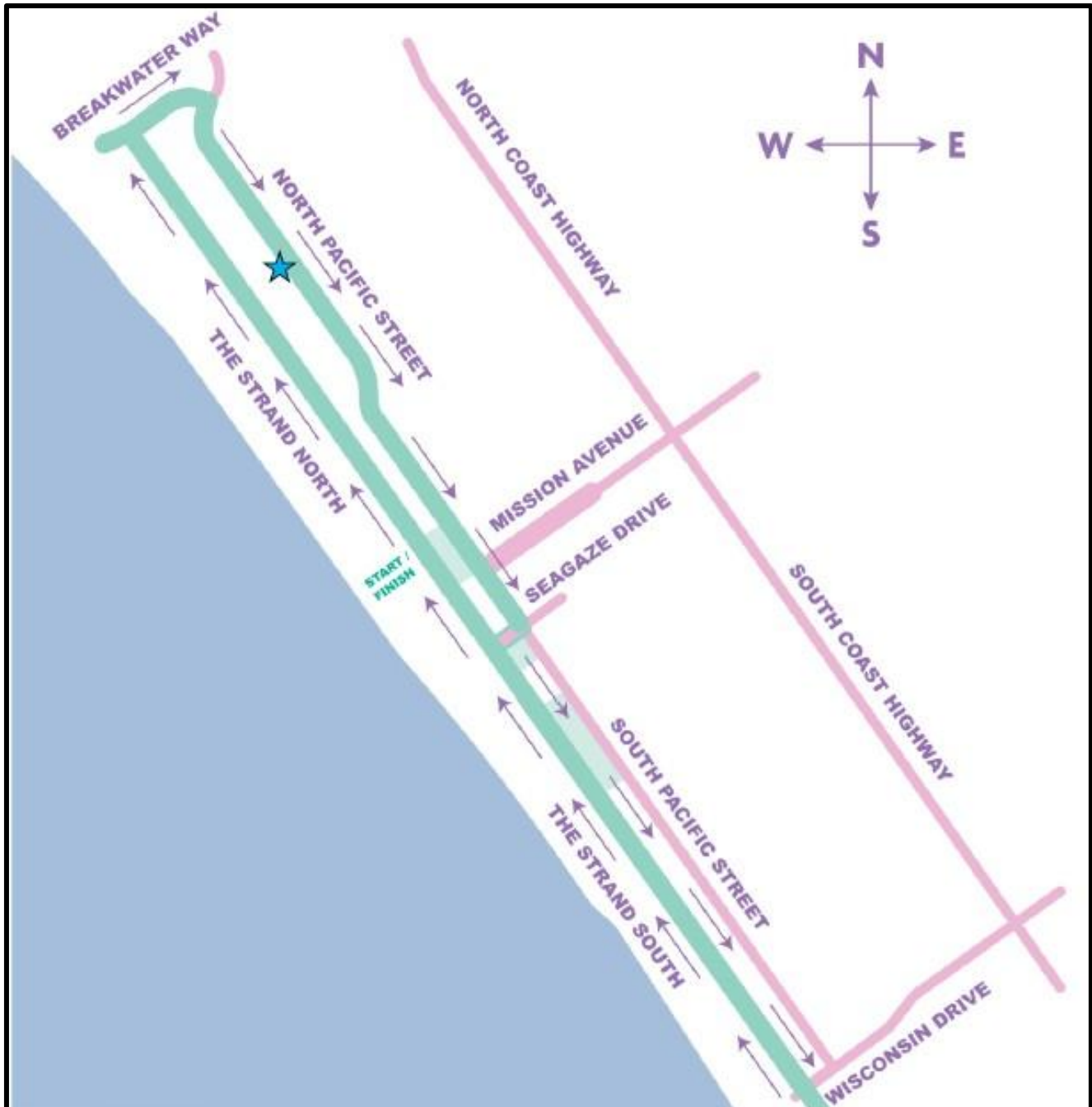
**while supplies last.*



WWW.HEART.ORG/NCSDHEARTWALK

North County Heart & Stroke Walk

Saturday, 9/30/17 • Oceanside Pier • Expo 7 AM • Walk 8 AM



Walk route: 5k or 1 mile course available, mostly flat terrain. Limited parking available, carpooling suggested. More parking info coming soon.