



American Heart Association®
Learn and Live™

Inspire Wellness



The **START!** Walk Program

The **START!** program is an organization that was created by the American Heart Association. Start! Heart Walk promotes physical activity and heart-healthy living by bringing together family, friends and the community. Jordan Krinke, Miss Placentia 2009 will lead the group.

Come join us for a 30 minute fun and energizing

Join the "Start!" Community!: <http://www.americanheart.org/presenter.jhtml?identifier=3053031>

Who: You, your friends and family!

What: Walking!

Where: Tri-City Park! (We will meet at the playground!)

When: *April 5th (everyone wear red!), May 3rd, June 7th, July 5th and August 2nd