



American Heart Association
Learn and Live

HEART WALK®

Nationally Sponsored by:



Locally Sponsored by:



Join us

April 7, 2010

for National Start! Walking Day -
wear your walking shoes and take steps for a healthy heart!

Heart disease is the No. 1 killer in the US and physical inactivity **doubles your risk** of heart disease.

So join the American Heart Association and Start! sponsor Foster Farms Dairy and learn how easy it is to walk and eat for heart health.

When: Wednesday, April 7, 2010

Time: 3:00 PM—5:00 PM

Where: Cost Less Foods • 3801 Yosemite Blvd • Modesto

What: FREE blood pressure screenings, Crystal yogurt samples and complimentary photos with Cool Cow!

National **Start!** Walking Day



AHA Heart Walk 9/17/2009 Sacramento, CA
Visit <http://www.facebook.com/crystalthecoolcow> to view all photos taken today.

For more information, call the American Heart Association at (209) 477-2683