

Join us for the 4th Annual

5K Health Walk/Run

TWO STEPS TO SAVE A LIFE

1 Call 911

2 Push hard & fast in the center of the chest



American Heart Association

CPR & First Aid



**Celebrating
World Heart Day**



WALK WITH ME
Partnership for a Healthier Nassau

**Date: Saturday, September 29,
2018**

**Health Walk/Run starts at 10 am
Location: Ewing Park, Callahan**

NCHIC

Nassau County Health Improvement Coalition
Partnering for a Healthier Community

**Florida
5K
WALK/RUN**



WALK WITH ME
Partnership for a Healthier Nassau

- 5K Health Walk/Run will be untimed
- 5K Health Walk/Run is FREE—NO ENTRY FEE
- All participants who complete the 5K will receive free shoelaces and be entered into Door Prize drawing.

Other Activities:

- Hands Only CPR Training (get a free Friends & Family training kit)
- Walk with Me Program Information
- Drain & Cover, Spill the Water Information (to prevent mosquito exposure)
- “5210—Let’s Go” Healthiest Weight