

Walk with us! Oct. 19th

Stamford Hospital Walks!

Stamford Hospital is proud to sponsor the **American Heart Association 2008 Start! Fairfield County Heart Walk**

Sunday, October 19, 2008
Calf Pasture Beach, Norwalk
10 am (Registration at 9 am)

We have set an ambitious goal to raise \$75,000, to support research, education and outreach programs by the American Heart Association.

Will you join us?



We invite everyone — Stamford Hospital employees, their families & friends and our community — to contribute and to walk with us.



American Heart
Association



Learn and Live



STAMFORD HOSPITAL
The Regional Center for Health

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Affiliate Columbia University-College of Physicians & Surgeons
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A Planetree Hospital

Stamford Hospital Walks!

Kathleen Silard,
Executive Vice
President and
Chief Operating
Officer at Stamford
Hospital, is serving
as the chairperson
of the 2008 Start!
Fairfield County
Heart Walk.



With your support the American Heart Association can continue to fight heart disease and stroke through:

- Research
- Education
- Outreach Programs

Heart disease and stroke continue to be the nation's No. 1 and No. 3 killers.

Nearly 142 million American adults — 66 percent of U.S. adults — are overweight. Physical inactivity is a major risk factor for heart disease and is a comparable risk to other modifiable risk factors such as obesity, high cholesterol, high blood pressure, and smoking.

Did you know?

Walking for as little as 30 minutes a day will help people reduce these major, modifiable risk factors. Studies show that for every hour of regular vigorous exercise, like very brisk walking, you can add two hours to your life. Walking is easy, safe and does not require any equipment. There are many ways that you can make walking a part of your daily routine.

Learn more about the Start! movement or register today for the 2008 Start! Fairfield County Heart Walk by calling (203) 404-3181 or visiting www.stamfordhospital.org.



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