



## Join Rutherford County's Heart Walk team

Unfortunately, too many of us have a loved one affected by heart disease or stroke. As the leading cause of death in this country, cardiovascular disease claims almost as many lives each year as the next 7 leading causes of death combined. To help stop this, I am creating a team of walkers to help me raise funds for the American Heart Association and I'm asking you to join me.

Our team will be participating in this year's Start! Heart Walk November 7<sup>th</sup> by walking and by raising funds that are needed for heart disease and stroke research and education. To join my team, click on the link below and you will be taken to my web page. On my web page, click My Team Page and Join our Team to register online! You can use the online fund-raising tool to email your friends, family and colleagues to ask them to support our team and our cause! The more people we have working to defeat heart disease and stroke-the better, so please join me today.

[Follow This Link](#) to visit my personal web page and help me in my efforts to support American Heart Association - Rutherford, TN