

## LA CIVIC CENTER CHAPTER

AGA LA Civic Center Chapter is happy to announce its participation in the 2010 Los Angeles Heartwalk, a 5K Fitness walk, initiated by American Heart Association.

Main Event - October 23, 2010, Saturday 9:00 - 12:00 noon  
Place - Rose bowl, Pasadena  
1001 Rose bowl Drive  
Pasadena, CA 91103  
Point of Assembly will be announced later

There will be 5 training sessions to prepare for the Walk:

Saturday - 8/28/2010, 7:30 to 8:30 am  
Saturday - 9/11/2010, 7:30 to 8:30 am  
Saturday - 9/25/2010, 7:30 to 8:30 am  
Saturday - 10/9/2010, 7:30 to 8:30 am

Place of Assembly – Rose bowl, Pasadena  
Parking F



Those who would like to participate are encouraged to join the training sessions to avoid injury during the main event. Or you can walk at your own pace. Either way, it will be good.

Joining the walk will not only make us fit, it will offer also an opportunity to bond with colleagues, families and friends.

Donation to the AHA is also encouraged to help defray their programs to fight cardiovascular diseases.

If you would like to participate, please call Erlinda Busing at (213) 978-1738. Or you may visit the website, if you like to join or make a donation online:

[www.heartwalkla.kintera.org](http://www.heartwalkla.kintera.org)

Find the TEAM: AGA

Join 2010 Heartwalk to KEEP FIT! Join for FUN.