

## CAPC Walks All Over Heart Disease and Stroke



November 3, 2007

On the first Saturday in November, over 50 Cardiology Associates physicians, staff, family members, and friends braved the cold at the 2007 American Heart Association (AHA) Greater Washington Heart Walk.

In addition to the 3 mile walk through The National Mall, the event paid tribute to lost loved ones and honored survivors of heart disease and stroke. The participation of 7,000 walkers and more than 100 volunteers helped promote behavior changes in adults and children, such increasing physical activity and making heart-healthy choices part of daily life. Individuals and companies that have made significant heart-healthy lifestyle changes were celebrated as well.



Paula Bates (Annapolis Appointment Secretary), Maggie Johns (Bowie Manager), Angie Miller (Bowie Nuclear Technician), and Lynne Weedon (AR Senior Payment Poster) participate in the 2007 Greater Washington Heart Walk on the National Mall in Washington, DC.

The event brought together walkers from all over the Washington metropolitan area to raise funds to fight the nation's No. 1 and No. 3 killers—heart disease and stroke. Tents were set-up on the National Mall where volunteers conducted free health screenings including blood pressure, glucose, and cholesterol testing. Lifestyle Change Awards were presented to ten individuals who have made lifetime commitments to healthier habits by losing weight, quitting smoking, and gaining control of their numbers (blood pressure, glucose, and cholesterol).

The Cardiology Associates team raised over \$2,600 that contributed to the event fundraising total of over \$1.2 million. The money raised will benefit the research and education programs of the AHA and the fight against heart disease and stroke.

Members from the Annapolis, Kent Island, and Bowie offices represented Cardiology Associates in the Chesapeake Heart Walk earlier this year. The dedication and enthusiasm our staff has for their community is a wonderful tradition that will continue for years to come.

Mark your calendars now and be a part of the 2008 Cardiology Associates Heart Walk Team! The Chesapeake Heart walk will be held in April and the Washington, DC Heart walk will be held in November.

For more information about Cardiology Associates, PC, please visit [www.heartcapc.com](http://www.heartcapc.com)

For information about the American Heart Association, please visit [www.americanheart.org](http://www.americanheart.org)