

MCC ENCOURAGES SUPPORT OF THE AMERICAN HEART ASSOCIATION HEART WALK ON APRIL 13, 2013

MCC would like to demonstrate our commitment to improving the health of our community, our employees, our students, their families and their friends by encouraging participation in the American Heart Association's Heart Walk.

Why is MCC Supporting the Heart Walk and why now?

When you mention Heart Disease, most of us can point to a family member, a friend, or a co-worker who has been impacted by it. Heart Disease remains the #1 killer of Americans. When we talk about inequality between men and woman, it is unfortunate, but women lead men in heart disease. It remains the #1 killer of women! The College wants to be part of a nationwide movement to be both "Fit and Friendly." As this calendar year moves along, you will see a number of initiatives across the College that will focus on the physical health of all of us. The Rochester region is unique with respect to the American Heart Association. For every dollar raised locally almost \$7.00 comes back to the community for life saving research that takes place locally. 23 local studies are currently underway.

What are the details of the walk?

The walk takes place in downtown Rochester on **Saturday, April 13 at 10:00 am** from the Blue Cross Arena at the War Memorial. Doors open at 8:00am with a variety Indoor family entertainment and Health Screenings. Free parking is available in the Civic Center Garage if you print the parking pass available at this link: [Free Parking Pass](#)

How can I help?

Join this year's MCC Heart Walk Team, "The Heart Beats!" The team is under the leadership of Jeff Bartkovich, Eileen Scorgie, Jerome St. Croix, and Pat Bates.

Navigate to the Company page of Monroe Community College ([MCC Company Page](#)) or through *myMCC* on the Fit and Friendly Channel of the Employee Tab; you will have several choices:

- Join our team the Heart Beats ([MCC Heart Beats](#)) and register to walk by clicking on "Join our Team."
- Join another MCC team listed and register to walk.
- Create your own MCC Team and encourage others to join.
- Leave an encouraging message to any team or team member.
- Make a donation toward any team member's funding raising goal by "clicking" on their name.
- Event information - [Rochester Heart Walk 2013 Event Information](#)

While raising funds to support the American Heart Association is vital, don't feel that you have to donate to participate in the walk. One of our primary goals is to show that Monroe Community College takes the "community" part of our name very seriously!

