

Join us for the 4th Annual

# 5K Health Walk/Run

## TWO STEPS TO SAVE A LIFE

1

Call 911

2

Push hard & fast in the center of the chest



American Heart Association

CPR & First Aid



**Celebrating  
World Heart Day**



**WALK WITH ME**

PARTNERSHIP FOR A HEALTHIER NASSAU

**Date: Saturday, September 29,  
2018**

**Health Walk/Run starts at 10 am  
Location: Ewing Park, Callahan**

**NCHIC**

Nassau County Health Improvement Coalition

Partnering for a Healthier Community

**Florida  
5K  
WALK/RUN**



**WALK WITH ME**

PARTNERSHIP FOR A HEALTHIER NASSAU

- 5K Health Walk/Run will be untimed
- 5K Health Walk/Run is FREE—NO ENTRY FEE
- All participants who complete the 5K will receive free shoelaces and be entered into Door Prize drawing.

### Other Activities:

- Hands Only CPR Training (get a free Friends & Family training kit)
- Walk with Me Program Information
- Drain & Cover, Spill the Water Information (to prevent mosquito exposure)
- “5210—Let’s Go” Healthiest Weight