



Sunday, June 6, 2010

5:00PM

Lake Quannapowitt, Wakefield

Dear

On Sunday June 6th, I will take part in the 3rd Annual Stride for Health walk around Lake Quannapowitt in Wakefield. This year's proceeds will go toward an exciting initiative based on the American Heart Association "Family & Friends, CPR Anytime" model. Hallmark Health will provide CPR training and choke saving skills to 10th and 11th grade students in four communities. When the students have completed their school-based training, they will pledge to train at least three family members using the kit provided to them. This requirement will offer CPR to a wider audience with the possibility of saving countless numbers of lives.

More than 500,000 deaths per year are attributed to heart disease, making it the number one cause of death in America. This year, more than a million men and women will have a new or recurrent heart attack. Time is of the essence when suffering from a heart attack. By providing this important training and having Hallmark Health's Cardiac & Endovascular Center in the community allows those in need to receive outstanding care quickly.

In two years, the Stride for Health raised \$200,000 to support the development of the Congestive Heart Failure and the Cardiac and Pulmonary Rehabilitation Programs at Lawrence Memorial Hospital with the purchase of weight scales, a stationary bicycle, an arm ergometer machine and educational materials. It also assisted Hallmark Health in continuing to provide state-of-the-art services at the Cardiac & Endovascular Center at Melrose-Wakefield Hospital and supported the many free educational programs for the community, such as the Healthy Heart Series and Pulmonary Vascular Disease Screenings.

I am excited about taking part in the Stride for Health and I hope that I can count on your support. I have set a goal of raising \$..... It may seem like an ambitious amount, but when you consider how many lives can be saved and helped by having these services in our community, I'm sure you will agree that it is a worthy goal.

Please send your pledges to me at _____ or make a pledge on-line at www.hallmarkhealth.org, click on Stride for Health and follow the prompts to make a pledge. And remember, your pledge has legs of its own. Even if, for some reason, I don't do the whole course, your pledge will reach its destination!

Thank you.