



MORRIS COUNTY CHAMBER OF COMMERCE HEALTH & WELLNESS COMMITTEE

and the

AMERICAN HEART ASSOCIATION TEAM UP!

Join Us!

Sunday, October 10th Morris County **Start!** Heart Walk and 5K Run

Mack-Cali Business Campus
One Campus Drive, Parsippany, NJ

8:00 AM Registration and Program

9:15 AM 5K Run Start

9:30 AM Ribbon Cutting and Walk Start

Enjoy a morning of healthy refreshments, information and exercise with chamber members, friends and colleagues! Our goal is to have **50 WALKERS** and **RAISE \$5,000**. Proceeds are directed to vital research, education and programs to build healthier lives, free of cardiovascular diseases and stroke.

REGISTER ONLINE TODAY!

For additional information and to register, go to www.morriscountynjheartwalk.org. Locate the MCCC Health & Wellness Committee (under company teams) and register as a walker or runner under the captain of your choice: Laura Hingle, Joseph Troy, Lori Yokobosky or Steven Brisgel.

Thank you for your support.

Laura Hingle
Chair, MCCC Health & Wellness Committee

