



Friday, June 22, 2001

Heart Walk Kick-Off set for June 25

By **Jeff Samoray**, OU Web Writer

The **Oakland Center** and **Center for Student Activities** are hosting an **American Heart Association Heart Walk** Kick-Off in the Oakland Center's Fireside Lounge on Monday, June 25, from noon to 1 p.m.

About 17,000 walkers are expected for this year's walk, which takes place Saturday, September 22, on the campus of Oakland University. The financial goal for the metro-Detroit area is \$1.65 million. All the proceeds from the Heart Walk are used for heart disease and stroke research.

Last year, the 12,000 participants at the OU walk helped raise about \$1.2 million.

At the OU kick-off, Bob Thomas, director of placement and career services, and Joy Williams, director of special events, will talk about their experiences surviving heart disease. A representative from the American Heart Association also will speak on heart disease and stroke prevention.

Kick-off participants will be asked to divide into two teams to play a game promoting healthy living. **ARAMARK** also will serve "heart smart" angel food strawberry shortcake and door prizes will be awarded.

"Heart disease is very pervasive," said Jean Ann Miller, Heart Walk logistics chairperson. "In every person's family, there's been someone affected by heart disease or stroke. Finding effective treatments and cures takes money and research. The Heart Walk is a great way to do this. The whole metro-Detroit area will be coming to our campus for a good cause, and we can show off our campus at the same time."

This year's Heart Walk is a non-competitive walk of one to two miles. Companies from around the Metro Detroit area plan to participate by forming teams of employees, family and friends and by collecting donations.

The route begins at the Meadow Brook Music Festival parking lot, winds past Sunset Terrace, the Shotwell-Gustafson Pavilion and Meadow Brook Hall, and ends at the back entrance of the Music Festival. Volunteers under tents in the main festival parking lot will offer education on heart disease and stroke. There also will be entertainment for all ages, free items and food. Subway, a corporate sponsor, will have about 8,000 six-inch sandwiches to give away to participants.

"It's a wonderful event for students, faculty and staff, but it's also great for family and friends," Miller said. "There will be lots of novelty games for the kids. And for the adults, there are always many corporate sponsors with booths set up, so a lot of networking can take place."

For more information or to make a donation to an OU Heart Walk team captain, contact Glen McIntosh, OU Heart Walk representative, at (248) 370-4404 or mcintosh@oakland.edu.

SUMMARY

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