

CALENDAR

OF EVENTS IN

LONG ISLAND



life is why™

Be Active, Be Healthy, Be Involved!

To help build awareness and educate the public, as well as raise funds for heart disease and stroke research, the American Heart Association and American Stroke Association host many events in your community throughout the year. Contact us to learn more and get involved!

National Wear Red Day® • February 2, 2018 | Region-wide | www.wearredday.org

Join companies, organizations, schools, media and neighborhoods across America in wearing something red to show your support for women with heart disease. www.goredforwomen.org/wearredday

Long Island Go Red For Women Luncheon • February 28, 2018 | Crest Hollow Country Club, Woodbury, NY | longislandgoredluncheon.heart.org

A powerful event that brings together female leaders from throughout the community to help fight against heart disease, heightening awareness of the issue and empowering leaders to educate others about the movement. 9:00am-2:00pm. For more information, contact the Anne Thorsen at 516-962-0811.

National Walking Day • April 4, 2018 | Region-wide | heart.org/NationalWalkingDay

On this day, Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk to raise awareness of the importance of physical activity and to get your family, friends and co-workers started on a healthier way of life.

55th Annual Long Island Heart Ball • April 26, 2018 | Garden City Hotel, Garden City, NY | longislandheartball.heart.org

The Heart Ball and Auction is an annual social event held to recognize outstanding accomplishments of individuals and companies in the area of cardiovascular science and leadership. The evening will include dinner, dancing and a silent auction which will offer a bountiful assortment of generously donated items. 6:00pm-11:00pm. For more information, tickets or for sponsorship opportunities, contact Leslie Bellissimo at 516-962-0805 or Leslie.Bellissimo@heart.org.

New York State Lobby Day • May 2018 | Albany State House, Albany, NY | <http://youre.cure.org>

This event will bring together our passionate advocates that will help us work towards continuing to improve and create a comprehensive system of care throughout the state.

Hamptons Heart Ball Dessert Challenge • May 2018 | Centro Trattoria & Bar | <http://hamptonsheartball.heart.org>

Help support a worthy cause by tasking and judging delicious desserts. The winning restaurant, bakery or caterer will have their dessert served at the 2018 Hamptons Heart Ball. 7-10PM. For more information, contact Lexi Latino at Lexi.Latino@heart.org or 516-962-0801.

30th Annual American Heart Association Golf & Tennis Classic—A Joel Hamroff Memorial Tribute • June 12, 2018 | Meadowbrook Club, Jericho, NY & Piping Rock Club, Locust Valley, NY | <http://longislandtennis.heart.org> | <http://longislandgolf.heart.org> | The Long Island Golf Classic will hold AM & PM shotgun starts at the Meadow Brook Club in Jericho and a PM shotgun start at the Piping Rock Club in Locust Valley, NY. Tennis Classic to be held at the Piping Rock Club. Cocktail reception to be held at the Meadowbrook Club. The day is an excellent networking opportunity while promoting exercise and physical activity. For more information, contact Leslie Bellissimo at 516-962-0805 or Leslie.Bellissimo@heart.org.

22nd Annual Hamptons Heart Ball • June 23, 2018 | Southampton Arts Center, Southampton, NY | <http://hamptonsheartball.heart.org>

This festive, social gathering held from 6:00 p.m. to 11:00 p.m. with cocktail hour, dinner and dancing. After party will start at 9:30pm. As always, the Hamptons Heart Ball highlights amazing auction items for everyone to bid on. For more information please contact: Barbara Poliwoda, Regional Director at 631-734-2804 or Barbara.Poliwoda@heart.org.

Long Island Heart Walk • September 16, 2018 | Jones Beach, Field 5, Wantagh, NY | LongIslandHeartWalk.org

A non-competitive walk, bringing together over 4,000 people from across Long Island each year. Registration and Health Fair begin at 8:30 a.m. For more information or to register, contact the Theresa Fredriksen at 516-962-0790 or Theresa.Fredriksen@heart.org

10th Annual Healing Heart 5K Run/Walk • Fall 2018 | Indian Island Park, Riverhead, NY | www.healingheart5k.org.

Race Time: 10 a.m. For more information, contact Barbara.Poliwoda@heart.org.

Eat Smart Day • November 7, 2018 | Region-wide | heart.org/eatsmartmonth

On this day, Americans are encouraged to make small, healthy changes and raise the awareness of the importance of good nutrition and then continue them all month long



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(516) 777-8447