

# Tuscaloosa Heart Walk

MARCH 2, 2019

FROM: Dr. James B. Proctor, 2019 Tuscaloosa Heart Walk Chairman

It is my privilege to serve as the 2019 Heart Walk Chairman for the Tuscaloosa Heart Walk which will take place at the Tuscaloosa Amphitheater on March 2, 2019. We have set a goal to raise \$240,000 in support of the AHA mission of "building healthier lives, free of cardiovascular diseases and stroke". To kick off the campaign Cardiology Consultants and our physicians have committed \$10,000 corporately toward this goal and will work to raise another \$10,000 through our Heart Walk Team efforts.



As medical professionals, we contribute to the health and wellbeing of our patients, employees, and community. The American Heart Association is working closely within our hospital and community to deliver educational services that translate into lives saved such as the Get with the Guidelines programs in which our hospital is currently working to receive this national certification.

I am asking you to join me and Cardiology Consultants in supporting the American Heart Association by committing your company to create a walk team, and/or making a significant donation to the AHA's mission. Information regarding sponsorship, personal support and Cor Vitae recognition options are enclosed.

Thank you in advance. Please let us know if we can assist you in anyway. We'll be happy to pick up your donation, if needed.

Dr. Brad Proctor,  
Cardiologist – Cardiology Consultants P.C.  
2019 Tuscaloosa Heart Walk Chair  
205-752-0694 X 218 (P), 205-752-6244 (F)

**Website:** [www.mycvmd.com](http://www.mycvmd.com)

**Donations/URL** [Tuscaloosaheartwalk.org/cardiologyconsultants](http://Tuscaloosaheartwalk.org/cardiologyconsultants)

**Donations/URL** [Tuscaloosaheartwalk.org/DrProctor](http://Tuscaloosaheartwalk.org/DrProctor)

**\_\_\_\_\_ YES, I WILL SUPPORT Dr. Proctor and the American Heart Association!**

**Company Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Contact Title:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Website:** \_\_\_\_\_

**Corporate Level Support: Payment due February 2019.**

\*Additional AHA form must be signed in advance to receive logo recognition on media and event promotional materials. The levels below include customized **MARKETING BENEFITS**.

- \$10,000\***
- \$7,500\***
- \$5,000\***
- \$2,500\***
- Other \_\_\_\_\_ (Heart Walk marketing benefits not included)**
- I am interested in our company forming a team(s) for the Heart Walk.**

**Personal Level of Support: Payment due at time of commitment. See staff for more details.**

\*A local AHA staff member will contact you to discuss recognition for your personal donation and/or fundraising efforts.

- \$5,000 National Cor Vitae Society Member\***
- \$1,500 City Wide Executive Challenge Member\***
- Other \_\_\_\_\_**
- I am interested in raising funds personally for the AHA's mission in West AL**

**Method of Payment:**

- Enclosed is my check (made payable to the American Heart Association) in the amount of \$\_\_\_\_\_. Mail to: Attn: Tuscaloosa HW 1449 Medical Park Dr Bham AL 35213**
- Charge \$\_\_\_\_\_ to my credit card. AHA staff will contact you for card information.**
- Please contact me for more details on Heart Walk sponsorship or other ways to support.**

**PHONE:** \_\_\_\_\_

**Authorized By: (Printed)** \_\_\_\_\_ **Title:** \_\_\_\_\_

**(Signature):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**For more information contact:**

American Heart Association: Heidi Darbo [Heidi.darbo@heart.org](mailto:Heidi.darbo@heart.org)  
Cardiology Consultants: Miriam McGee [mmcgee@ccpctuscaloosa.com](mailto:mmcgee@ccpctuscaloosa.com)

## About the American Heart Association

### Who We Are

- ♥ The American Heart Association is the nation's oldest and largest voluntary Health organization dedicated to fighting heart disease and stroke.
- ♥ Founded by six cardiologists in 1924, our organization now includes more than 30 million volunteers and supporters.
- ♥ Heart disease is the No. 1 killer worldwide. Stroke is the #5 killer and is a leading cause of severe disability.
- ♥ Cardiovascular disease affects more than one in every three adult Americans. Many are seriously burdened by disabilities.
- ♥ We fund innovative research, advocate for stronger public health policies, and provide critical tools and information to save and improve lives.

### What We Do

- ♥ The local AHA organization is staffed by Regional Director, Heidi Darbo and Development Specialist Kristi Thornton.
- ♥ We are a volunteer led organization serving the community with support from community leaders and local corporate relationships.
- ♥ We have educated many West AL residents at Health fairs and employee events at local businesses.
- ♥ Each year we distribute educational tools for families to learn how to live a healthier lifestyle.
- ♥ CPR education is another focus for us in the West AL community and we are thankful to have the support and funding to get CPR Anytime training kits in the hands of community organizations to educate and train the important lifesaving skill to as many residents as possible.
- ♥ Year-round education and engagement is very important to our organization and we host events such as National Eating Healthy Day and National Walking Day throughout the year.
- ♥ We are working toward improving the cardiovascular health of all Americans by 20 percent, and reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020.
- ♥ We provide science-based treatment guidelines for healthcare professionals to help them give quality care to their patients.
- ♥ We educate lawmakers, policymakers and the public as we advocate for changes to protect and improve the health of our communities.
- ♥ We have invested more than \$4 billion in research, more than any organization outside the federal government.
- ♥ We have funded 13 Nobel Prize winners and many lifesaving research advances such as the first artificial heart valve, cholesterol-lowering drugs, heart transplantation, and CPR techniques.

### What You Can Do

- ♥ Support the 2019 Tuscaloosa Heart Walk [www.tuscaloosaheartwalk.org](http://www.tuscaloosaheartwalk.org) website coming in Fall 2018. March 2, 2019 at the Tuscaloosa Amphitheater.
- ♥ The American Heart Association wants everyone to know that cardiovascular diseases and stroke are largely preventable.
- ♥ Risks can be lowered by adhering to what we call Life's Simple 7: not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressure, controlling cholesterol and controlling blood sugar.
- ♥ To assess your cardiovascular health, visit [MyLifeCheck.org](http://MyLifeCheck.org) and answer a few questions. For more information, visit [heart.org](http://heart.org).
- ♥ Contact: Heidi Darbo [heidi.darbo@heart.org](mailto:heidi.darbo@heart.org) or 256-458-3782.