

Women's Heart Foundation



Bonnie Arkus, RN
Executive Director and
Founder

A woman dies every minute in this country from heart disease. Since 1984, more women than men have died. Nearly 240,000 women die suddenly from heart attack each year. Our mission is to improve women's survival and quality of life, but the rising death rate in women is daunting. Why is a woman's heart attack more likely to be fatal? Why does diabetes confer three times the risk to a woman when compared to a man? Why is it that heart disease presents with milder symptoms in many women and how can we get women and their practitioners to heed the warning? The Women's Heart Foundation (WHF) is the only heart organization that designs and implements heart disease wellness and prevention programs. We reach thousands of women each year with free risk assessments, screenings, *Lunch and Learns* and summits and have established a world-acclaimed program called Teen Esteem Health and Fitness as a gym-alternative curriculum for adolescent girls. WHF reached 700 New Jersey women February 4 with a Wear Red Day the Foundation organized at the Trenton War Memorial. We reached thousands more during the past year with programs, such as "Medication Safety—Facts, Fiction and Fundamentals" and "Heart Disease... Gender Matters". We are privileged to have this personal connection with women, and are now pulling together government, civic, business, and hospital organizations to design and implement new community-based Women's Heart Centers that take into account best practice and evidence-based medicine, as part of our Gender Care Initiative™. This is how we can save more women's lives. Your participation in RUN FOR YOUR HEART helps support our effort.

A TRIBUTE TO DOLORES DALY

The Women's Heart Foundation of New Jersey RUN FOR YOUR HEART salutes Dolores Daly for her foresight and generosity. Mr. and Mrs. Daly lost their eldest daughter, Noreen, to an undiagnosed heart ailment at the age of 47, leaving a husband and two small children. Noreen had prolonged Q-T interval, a rhythm disturbance. Her symptoms were attributed to anxiety. In 2002, Mrs. Daly contributed \$10,000 seed money for the first Gender Care Conference by organizing sponsors for a marathon that her son Tom ran. The following year, Mrs. Daly and Tom raised an additional \$25,000 by expanding to four runners and forming *TEAM NOREEN*. A heartfelt thanks to our first "Platinum Sponsor" and to the woman who brought the Gender Care Initiative™ to New Jersey.

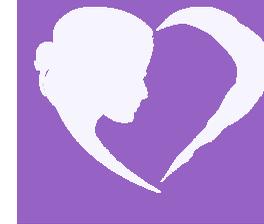


Noreen Daly Carlson
9/25/52 — 10/31/99

WE GRATEFULLY ACKNOWLEDGE THE MERCER COUNTY PARK COMMISSION FOR THEIR HOSPITALITY. WE THANK THE NJDEP FOR MAKING THEIR FACILITY AVAILABLE FOR THE RACE KICK-OFF PARTY AND THE RACE VOLUNTEERS FOR MAKING THIS EVENT POSSIBLE.

The Women's Heart Foundation is a 501c3 charity incorporated June 11, 1992, dedicated to the prevention of heart disease and to improving women's survival and quality of life.

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IN COMMEMORATION OF NATIONAL WOMEN'S HEALTH WEEK

WOMEN'S HEART FOUNDATION

PRESENTS:

THE THIRD ANNUAL

RUN FOR YOUR HEART

- NEW JERSEY -

1 mi Health Walk, 5k Run/Walk

Children's Fun Runs

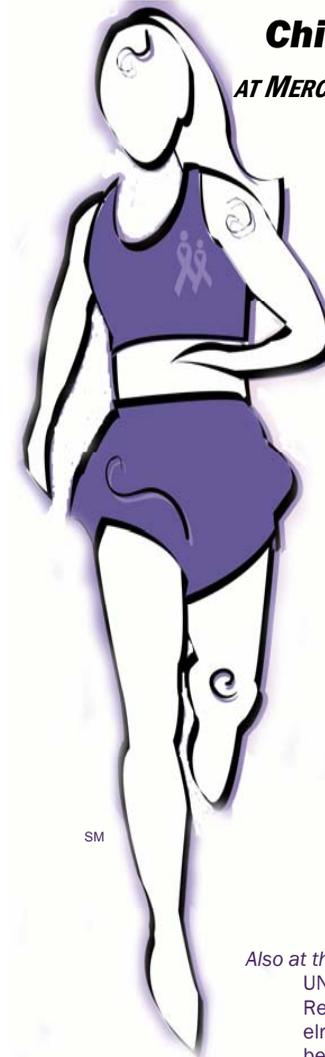
AT MERCER COUNTY PARK, HUGHES DRIVE, TRENTON, NJ

**SUNDAY
MAY 14, 2006**

**MOTHER'S
DAY**

9:00 AM
SAME START TIME FOR ALL
REGISTRATION BEGINS AT 8:00 AM

To register go to
www.womensheart.org
or call **(609) 771.9600**



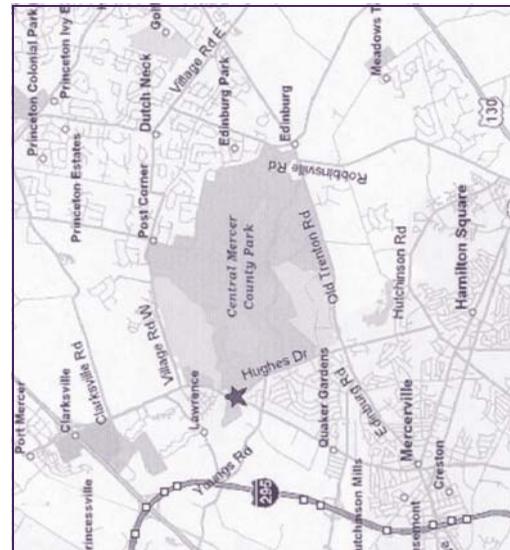
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Also at this event...

UN-TAX YOUR HEART jewelry sales with auction. Reconditioned previously-owned costume jewelry will be sold with 100% of the proceeds to benefit the Women's Heart Foundation. Enjoy the bargains while they last!



RUN FOR YOUR HEART.
Women's Heart Foundation
RUN FOR YOUR HEART
P.O. Box 7827
West Trenton, NJ 08628
www.womensheart.org



DIRECTIONS TO MERCER COUNTY PARK - WEST PICNIC
From North and South via US 1: Take US 1 to Route 533 (Quakerbridge Rd.). Make a right into jughandle crossing over Route 1 onto 533. Travel 2.2 miles and turn left onto Hughes Dr. Proceed on Hughes Dr. to entrance to Mercer County Park on the left.

