



GET TO GOAL™

This weekend, on Sunday, January 20th, 2013, the American Heart Association will be kicking off the Get to Goal Program at Garfield Community Center from 2:00-4:00 pm. Get to Goal is a hypertension management program for the Seattle African-American community which will be running out of the First African Methodist Episcopal Church and the Tabernacle Missionary Baptist Church. Together with the Health Mentors at the churches as well as the AHA's Heart360 online program, Get to Goal will be helping the members of the church and the greater community to lower their blood pressure and create heart healthy behavior.

For the kick-off event, we are in need of volunteers!

Volunteer Descriptions

- Blood Pressure Recorders: we need CNAs, nursing students, anyone qualified to help record blood pressure
- General Volunteers: We also need volunteers to help monitor information booths, manage Wii sports activity area, and help greet and welcome participants throughout the event.

Spend your MLK, Jr. Weekend by giving back as we work to create a heart healthy community! Please contact Paige Castro at t-paige.castro@heart.org if you are interested in volunteering.