

# 2010 HEART WALK



Equilibrium Fitness for Women is proud to Chair the American Heart Association this year in San Luis Obispo as long as well as sponsor this year's Start! Heart Walk, October 2, 2010. Please log onto [www.sloheartwalk.com](http://www.sloheartwalk.com) and join the Equilibrium Fitness team or start your own team and show your support in fighting heart disease to create healthier lifestyles and healthier communities!

2010 Start! San Luis Obispo Heart Walk  
Saturday, October 2, 2010  
Avila Beach Promenade & Bob Jones Trail  
Registration at 9am, 5K Walk at 10am

<http://sloheartwalk.com/>

**Register under EQ's team or start your own team!**