

is promoting Heart Health Month! Bringing awareness and assistance to Dreamsforchange.org



What: Join our network of family and friends for a fun hike up Cowles Mountain!

Why: To encourage those closest to us to be Heart Healthy by remaining active. Our new friends from Dreamsforchange.org, who provides transitional safe parking, financial literacy, and resources for everybody affected by the economy, will be joining us for the walk if you would like to find out more about this non-profit.

When: February 26th 8:00am-10:00am (It get's crowded early so you may need to park on neighboring streets and walk to the entrance.)

Where: Main Trail at Cowles Mountain San Carlos, CA (The trailhead can be reached at Golfcrest Drive and Navajo Road. A visitor's center is located there with information, restrooms and water.)

Extra: Several of us will be bringing some donations to give to Dreamsforchange.org just incase you would like to bring one.

Suggestions for Dreamsforchange.org: Money (Cash donations may be made through their website), blankets, trash bags/trash cans, non perishable food items, and children's toys.

Our friend, **Chris Heslin**, from **FivePeaksFitness.com** will be available to answer Nutrition and Exercise questions.

Safety comes first so walk, hike, or run at your own risk. Do only what you can, if you would like to just walk around the neighborhood of San Carlos instead of hike, some of us would be glad to join you too. We can all meet at the visitors center and split off in groups as needed so we all have fun! Check with your doctor before starting any kind of exercise program. For more information visit www.AQLife.org.

Planning to join us or have questions, contact Cyndi Kalbaugh at dcna3@me.com phone (619)341-2960