## Saturday, June 20, 2015 8 a.m. - 11 a.m.

Rain or Shine
 Sonnenberg Gardens and Mansion
 151 Charlotte Street, Canandaigua

Emcee Doug Emblidge
13 WHAM TV Anchor

Thank You to our Presenting Sponsor Finger Lakes Cardiology Associates



### WHAT IS CARDIAC REHABILITATION?

Cardiac Rehabilitation is a medically supervised and personalized program, including evaluation, exercise training and education to improve heart healthy living skills. Emotional support and counseling are offered to reduce stress and help patients recover and return to an active lifestyle.

# WHAT ARE THE BENEFITS OF CARDIAC REHABILITATION?

- Increases survival rate post cardiac event.
- Improves heart disease symptoms, such as, chest pain, shortness of breath and fatigue.
- Reduces risk of future "heart events," by stabilizing, slowing or reversing progression of heart disease.
- Improves quality of life, by increasing stamina and strength, enhancing patients ability to return to work, leisure activities and hobbies.

# WHAT IS THE CARDIAC REHABILITATION SCHOLARSHIP FUND?

- Although Cardiac Rehabilitation is covered by most insurance plans, high copays and high deductible plans are often a huge barrier for patients to attend. Many people cannot afford to participate.
- 100% of the Rose Walk proceeds assist local heart disease survivors with the cost of the cardiac rehabilitation program.

DONATE TODAY and help us make cardiac rehabilitation possible for local heart disease survivors.

Proceeds to benefit the Cardiac Rehabilitation Scholarship Fund

For more information, call (585) 396-6253 or visit

www.ThompsonHealth.com/RoseWalk



## **2015 Rose Walk Sponsor Form**

Please complete this form (print clearly) and bring it to the event on June 20th, or mail it to: F.F. Thompson Foundation, 350 Parrish Street, Canandaigua, NY 14424

FIRST NAME	LAST NAME	
ADDRESS		
CITY	STATE	ZIP CODE
EMAIL	PHONE	

SHIRT SIZE (FOR DONATIONS OF \$35 OR MORE)  $\square$  S  $\square$  M  $\square$  L  $\square$  XL

# **Get sponsors!** Ask your family, friends and co-workers to sponsor you.

Turn in your donation forms on or before June 20. \$10 minimum donation per walker. The first 100 walkers collecting \$35 or more will receive an official event t-shirt.

**The Day of the Walk** Check-in begins at 8 a.m. at Sonnenberg Gardens. Group walk begins at 9 a.m. Choose from a 1- or 2-mile route. Ceremony begins at 10 a.m. Afterwards, enjoy free admission to Sonnenberg, refreshments and more!

## New for 2015!

Register online at:
http://teamraiser.rochester
.edu/rose-walk-2015
and raise donations
through email, Facebook
and Twitter.

SPONSOR NAME	SPONSORS ADDRESS	\$100	\$50	\$25	OTHER
Make checks payable to F.F. Thompson Foundation, Inc. Enclosed Cash, Checks, Money Order			\$		

#### WAVER AND RELEASE

In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Thompson Health, sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

PARTICIPANT'S SIGNATURE	PRINTED NAME	DATE
TARTION AND SIGNATURE	THAT ES TO WILL	B/ (12
PARENT OR GUARDIAN IF UNDER 18 SIGNATURE	PRINTED NAME	DATE