

Community Events in New Jersey



To help build awareness and educate the public, as well as raise funds for heart disease and stroke research, the American Heart Association hosts many events in your community throughout the year. Contact us to learn more and get involved!

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National Wear Red Day[™]

February 7, 2020 | Region-wide | www.wearredday.org

Join companies, schools, organizations, media and neighborhoods across America in wearing something red to show your support for women and heart disease.

American Heart Month

February | Region-wide | www.heart.org

During this national awareness month, learn the importance of heart health and take steps to prevent heart disease.

Move More Month

April | Region-wide | heart.org/movemore

Americans are encouraged to take at least 30 minutes out of their day to do something active and help raise awareness for the importance of physical activity.

Northern New Jersey Go Red for Women Luncheon/STEM Event

April 7, 2020 | Pompton Plains | nnjgored.heart.org

Join us for a day of celebrating women in Science, Technology, Engineering and Math while also raising funds and awareness for women's heart health.

CycleNation

April 18, 2020 | Asbury Park | www.cyclenation.org/newjersey

Ride the revolution to better brain and heart health. This high-energy relay-style stationary cycling event focuses on raising funds and awareness for stroke.

Southern New Jersey Go Red for Women Luncheon

April 24, 2020 | Berlin | southernnjgoredluncheon.heart.org

This empowering event focuses on preventing heart disease and stroke by bringing together leaders from the South Jersey community to support research and education.

American Stroke Month

May | Region-wide | www.stroke.org

Learn how you can prevent, treat and beat stroke during this month-long awareness campaign of the No. 5 cause of death in the U.S.

Southern New Jersey Spring Heart Walk

May 16, 2020 | Ocean City | www.SNJSpringHW.org

Take steps to build a culture of health in South Jersey by joining us for this non-competitive walk at the Ocean City boardwalk.

Garden State Go Red for Women Luncheon

May 21, 2020 | Somerset | gardenstategoredluncheon.heart.org

As the cornerstone event of the Go Red for Women movement in Central New Jersey, this social-educational event focuses on uniting women for better heart and brain health.

CPR/AED Awareness Week

June 1-7 | Region-wide | heart.org/cpr

There are just two simple steps to saving a life with Hands-Only CPR: 1) Call 9-1-1 and 2) Push hard and fast in the center of the chest until help arrives. Learn more about CPR, AEDs and the Chain of Survival.





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New Jersey Heart Ball

June 6, 2020 | North Caldwell | northernnjheartball.heart.org

This black-tie event gathers New Jersey's most prominent leaders for a night of celebrating local survivors, physicians, and researchers who are raising funds and awareness for heart and brain health in the Garden State.

Heart & Stroke Heroes Awards

Date: TBD | Location: TBD | heart.org/NJheartstrokeheroes

This heartwarming night celebrates local citizens and organizations who have taken steps to strengthen the Chain of Survival or who have saved a life by calling 9-1-1, starting CPR, using an AED or recognizing the signs of stroke and getting help FAST.

Shoreline Heart Walk

September 26, 2020 | Asbury Park | www.ShorelineHeartWalk.org

Hundreds of businesses, families, community groups and individuals will walk at the Jersey Shore for heart and brain health.

Bergen Passaic Heart Walk

October 4, 2020 | Franklin Lakes | www.BergenPassaicHeartWalk.org

A non-competitive walk to help raise heart rates and funds to promote healthier lifestyles in North Jersey.

Central New Jersey Heart Walk

October 4, 2020 | Monroe Township | www.CentralNJHeartWalk.org

Central New Jersey will unite to help raise awareness, heart rates and funds for heart and brain health.

Greater Northern New Jersey Heart Walk

October 18, 2020 | West Orange | www.GreaterNNJHeartWalk.org

Walk for heart and brain health in Northern New Jersey with family, friends and co-workers.

Southern New Jersey Fall Heart Walk

October 24, 2020 | West Deptford | www.SNJFallHW.org

Hundreds of businesses, families, community groups and individuals will walk to promote healthier lifestyles in South Jersey.

World Stroke Day

October 29, 2020 | Worldwide | www.stroke.org

This worldwide day of awareness seeks to bring attention to stroke, which is largely preventable, treatable and beatable.

Eat Smart Month

November | Region-wide | heart.org/eatsmart

Americans are encouraged to make small, healthy changes and raise awareness for the importance of good nutrition.



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www.heart.org/newjersey