



American Heart  
Association®

American Stroke  
Association®



# America's Greatest **Heart** Run & Walk 2012

TEAM

*Join*

*Arc* in Honor of  
*Vincent Colgan*

In May 2011, Vincent Colgan, vice president of administration, was on the receiving end of the very same care and compassion he has advocated for throughout his 35-year career at The Arc. Vincent suffered a life-changing stroke and was hospitalized for months. He went through rigorous rehabilitation at Faxton St. Luke's Healthcare and says he gained valuable insight into what he had worked so hard for many years to instill in those at The Arc, that "everyone, no matter what their ability or disability, needs to be treated with respect, compassion and made to feel that they have value." Vincent Colgan embodies the mission, vision and core values of the agency. We are proud to have him on our team and inspired by his determination.

**Honor Vincent Colgan by joining Team Arc for the 2012 Heart Run & Walk!**

---

## **Saturday, March 3, 2012** **at Utica College**

Burrstone Road - Utica, NY

---

- **REGISTRATION DEADLINE** is Tuesday, February 14th.
- **REGISTRATION FORMS** are available at:  
245 Genesee Street in Community Development, Human Resources, main lobby and VP suite 2nd floor, Turin Day Hab (see Diane Bodnar) and at Stowe Street in Lowville (see Sue Croniser).
- You must raise \$25 to walk and will receive a "Team Arc" t-shirt (email your t-shirt size to [epugh@thearcolc.org](mailto:epugh@thearcolc.org)).

**Call Edie Pugh at 272-1521**

**or visit [www.uticaheartrunwalk.org](http://www.uticaheartrunwalk.org)**

**and select "Team Arc"**

