

The Lifestyle Change Award in
Tucson is locally sponsored by:



NOMINATION FOR LIFESTYLE CHANGE AWARD

The American Heart Association wants to recognize individuals who have made positive changes to improve their quality of life and health after surviving a cardiac event or a stroke. No change is too small, and every accomplishment is significant!

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers, relatives, doctors, nurses, and caregivers. Individuals can also nominate themselves.

Deadline for nomination submission: **Friday, September 8, 2017**

Completed nomination forms can be submitted by:

- E-mailing the completed form to: **Teresa.Shami@heart.org**
- Faxing the completed form to: **(520) 795-1426**
- Mailing the completed form to: **American Heart Association
2601 N Campbell Ave Suite 204
Tucson, AZ 85719**

Nominee Name

Company/Worksite

How may we contact the nominee if he or she is selected?

Phone

Email

Nominated By

Phone

Email

Relationship to Nominee

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In what way has this person improved his or her lifestyle? Please describe the person’s accomplishments in the applicable areas below.

- Increased physical activity

- Healthier eating habits

- Weight loss

- Managing heart-related risk factors such as high blood pressure and high cholesterol

- Other

Personal Story—Why do you think this person deserves a Lifestyle Change Award? Tell us his or her story, including information regarding his or her success.

