

American Heart Association Golf Event Tees Off For Heart Health

The weather could not have been more perfect for the American Heart Association's 24th Annual Long Island Golf Classic, A Joel Hamroff Memorial Tribute. Held at the Meadow Brook Club in Jericho, hundreds of golfers came out to support this very important charity and fight Long Island's No. 1 and No. 4 killers, heart disease and stroke.

The days' activities got underway in the afternoon, more than 30 foursomes participated in the shotgun start of the event. All the day's golfers enjoyed a great brunch and cocktail reception that evening.

This year's event co-chairs Marc L. Hamroff of Moritt Hock & Hamroff and David McKelvey, CPA, Friedman LLP along with the corporate and community leadership of Long Island will be participating to increase awareness of the importance of physical activity. This event provides an excellent networking opportunity while promoting exercise and physical activity. This has been the fourth year that the event has been renamed for Marc's father, Joel, who passed away from a heart attack. Joel was an American Heart Association Board member and a great supporter of its causes.

This year's event honored Rob Basso, president, Advantage Payroll Services and author, *The Everyday Entrepreneur*. Those in attendance also heard from Rob's best friend, Alan Powell, who suffered a heart attack. Much progress has been made in the fight against heart disease and stroke, however, many Americans are still not getting the proper amount of exercise that will effectively combat risk factors for serious health issues. According to the American Heart Association, nearly 70 percent of American adults get no regular physical activity. Yet contrary to common perceptions, physical activity is just as important in preventing heart disease as other modifiable risk factors including smoking, cho-



Event Co-Chair Marc L. Hamroff of Moritt Hock & Hamroff and honoree Rob Basso, president, Advantage Payroll Services and author, *The Everyday Entrepreneur*.

lesterol and blood pressure. A person is 1.5 to 2.4 times more likely to have coronary heart disease if he or she is inactive.

For more information about the American Heart Association, visit www.heart.org.

About the American Heart Association

The American Heart Association is the nation's oldest and largest voluntary health organization dedicated to fighting heart disease and stroke. Their mission is to build healthier lives by preventing, treating and defeating these diseases, America's No. 1 and No. 4 killers. They fund cutting-edge research, conduct life-saving public and professional educational programs, and advocate to protect public health. To learn more or to join in helping all Americans, call 1-800-AHA-USA1 or visit heart.org.

