



American Heart Association® | American Stroke Association®

Learn and Live®

ThePulse

ThePulse is a social network of young, talented and committed professionals (age 21-40) throughout North Jersey that support the American Heart Association's life-saving mission through unique events, social activities and volunteer opportunities. We give our time and talents to fight heart disease and stroke – the No. 1 and No. 3 killers in New Jersey. We connect, we have fun, we socialize ... all for a good cause.

The Mission of ThePulse

The mission of ThePulse young professionals group is to serve and support the American Heart Association through fund-raising, mission-education service, volunteering and social activities throughout Northern New Jersey supporting the American Heart Association mission to: Building healthier lives, free of cardiovascular diseases and stroke.

Our Membership

Young professionals involved in ThePulse come from all fields, industries and walks of life. Young Professionals involved in ThePulse are between the age of 21 and 40. Members come from the real estate, legal, finance, healthcare, publishing, public relations, marketing, medical, hospitality, insurance and accounting fields, among others. They are the up-and-comers at their companies, in touch with the current trends, and interested in connecting and supporting a worthy cause. ThePulse holds periodic membership meetings, and plans, holds and supports a number of American Heart Association activities each year.

A Focus on Children's Wellness

Children's lives are in our hands. Our country is facing a childhood wellness and childhood obesity crisis. Did you know that nearly 25 million children in the U.S. are obese or overweight? Did you know that more than 36,000 babies are born each year with a heart defect? Every day, about 3,900 underage kids try their first cigarette.

Since 2003 the American Heart Association has committed more than \$44 million in research relating to children's health, but more is needed. Money raised by ThePulse activities will support the American Heart Association's commitment to helping children live stronger, healthier lives by helping to fund education, research and public policies that effect where children live, work and play.

Learn More, Join ThePulse, Contact Us

For more information, to get involved or if you have questions about ThePulse young professionals group, contact Alissa Memoli, American Heart Association, at (201) 483-6780 or Alissa.Memoli@heart.org

Help, Heal, Hope.

