August 23, 2019

DOH-CITRUS HOSTS ANNUAL "SAVE A HEART 5K," A NO-COST WALK, RUN OR SWIM EVENT
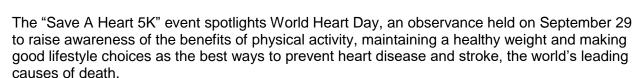
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Registration is now open for the Florida Department of Health in Citrus County's (DOH-Citrus) no-cost "Save A Heart 5K" Walk, Run or Swim event on Saturday, September 28 at Whispering Pines City Park, located at 1700 Forest Dr. in Inverness.

Onsite check-in and registration will take place at 7:30 a.m. the day of the event, followed by the race at 8 a.m. To register for the event online, visit www.surveymonkey.com/r/SaveAHeart5k.

The deadline to register online is by 5 p.m. on Friday, September 27. Those unable to register prior to the deadline may still participate in the event; however, they will not have a timed run.

The "Save A Heart 5K" event spotlights World Heart Day, an observance held on September 29 to raise awareness of the benefits of physical activity, maintaining a healthy weight and making good lifestyle choices as the best ways to prevent heart disease and stroke, the world's leading causes of death.

"Everyone is welcome to register and participate in this free, family event," said Carmen Hernandez, DOH-Citrus Community Health Program Administrator. "To make the 5K a success, we encourage you to invite your loved ones to participate or come and cheer you on at the finish line."

The first 250 registered participants will receive a Save A Heart 5K commemorative T-shirt and a post-race snack and drink.

Thanks to initiatives like Healthiest Weight Florida, the Save A Heart 5K event is provided every year by DOH-Citrus to encourage Citrus County residents and visitors to make informed choices about healthy eating and active living.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at @FLHealthCitrus.

For more information about Healthiest Weight Florida, visit www.HealthiestWeightFlorida.com.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to

protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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