

August 13, 2025

## DOH-Citrus Hosts Annual Save-a-Heart 5K



**Contact:**

Amy Douglas  
Amy.Douglas@flhealth.gov  
352-513-6057

**Citrus County, Fla. —** The Florida Department of Health in Citrus County (DOH-Citrus) invites residents to attend virtually or in-person to walk, run, cycle, or swim their way to a healthier heart for the annual Save a Heart 5K on September 20, 2025.

### Registration

The in-person 5K will be held from 9 – 11 a.m. and participants should meet at the pavilion in the park at least 15 minutes prior to the start of the race. The in-person 5K will take place at the following location:

**Whispering Pines Park  
1700 Forest Dr.  
Inverness, FL 34453**

Virtual 5K participants can upload their distance, times, and activities on the event website beginning September 15 through September 21, 2025. Virtual participants can engage at their own pace, time, and location, either separately or within teams.

To register for the in-person or virtual 5K, scan the QR code below or visit the [registration webpage](#). Registration closes September 15, 2025.



### Swag Bags

The first 200 individuals to register for the in-person or virtual 5K can pick up a swag bag and t-shirt at the following location:

**UF IFAS Building  
3650 W. Sovereign Path  
Lecanto, FL 34461**

Pickup times are scheduled as follows:

- Monday, September 15, 2025, 2 – 4 p.m.
- Tuesday, September 16, 2025, 9 – 11 a.m.
- Thursday, September 18, 2025, 4:30 – 6:30 p.m.

Regular physical activity can improve heart health, brain functioning, bone and muscle strength, weight management, and more. The Save a Heart 5K aims to encourage residents to find creative ways to meet the recommended 150 minutes of physical activity each week.

For more information, please email [Carmen.Hernandez@flhealth.gov](mailto:Carmen.Hernandez@flhealth.gov) or [Kathryn.DeFranco@flhealth.gov](mailto:Kathryn.DeFranco@flhealth.gov).

###

### **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.

Follow us on X at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, visit [FloridaHealth.gov](https://FloridaHealth.gov).