

September 16, 2015

## JOIN THE FLORIDA DEPARTMENT OF HEALTH IN LAKE COUNTY FOR WORLD HEART DAY EVENTS



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**Lake County** — In recognition of World Heart Day, the Florida Department of Health in Lake County will be celebrating by hosting a 5K Walk/Run on Sept. 26. The department is also partnering with community organizations to host [Hands-Only™ CPR](#) trainings throughout Lake County on Sept. 29.

In order to make these events a success, we encourage all Floridians to not only register, but also invite loved ones to participate. Help the department make Florida a safer, healthier, more heart-healthy environment.

World Heart Day is celebrated in collaboration with Healthiest Weight Florida and Tobacco Free Florida. When posting on social media, please use the hashtag #FLHearts.

**What:** Register for World Heart Day events online

When: Sept. 26, 2015 Walk/Run 5K  
Sept. 29, 2015 Hands Only™ CPR Training

Where: Register online [here](#)

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).

Tobacco Free Florida is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Tobacco Free Florida is managed by the Florida Department of Health, specifically the Bureau of Tobacco Free Florida. Smokers and smokeless tobacco users interested in quitting are encouraged to use one of the 3 Free & Easy Ways to Quit. To learn about Tobacco Free Florida and the state's free cessation resources, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](http://www.facebook.com/TobaccoFreeFlorida) or Twitter at [www.twitter.com/tobaccofreefla](http://www.twitter.com/tobaccofreefla)

## **About the Florida Department of Health**

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

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).