

September 9, 2016

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



### Contact:

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**Eustis, FL** – In recognition of World Heart Day, the Florida Department of Health in Lake County (DOH-Lake) will be celebrating by partnering with community organizations to host Hands-Only CPR trainings on Sept. 16 and a 5K Walk/Run on Sept. 17.

In order to make these events a success, we encourage our residents to not only join us, 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.

### DOH-Lake World Heart Day Events

What: ***Hands Only CPR Training***

When: Sept. 16, 2016 from 1:30-2:15 pm at the Eustis Community Center

Where: 601 Northshore Drive, Eustis, FL (no registration required)

What: ***Walk/Run 5K***

When: Sept. 17, 2016 from 7am Check-in / 7:30 am 5K Walk/Run Begins

Where: Clermont Waterfront Parkrun (Clermont Boathouse)

Must register prior to the event at <http://www.parkrun.us/clermontwaterfront/course/>

This is a free event open to all ages and pets are welcomed.

For additional information on both events, please contact Lillian Rodriguez at (352) 483-7983.

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)

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