

March 17, 2016

## SAVE-THE-DATE: 2<sup>nd</sup> ANNUAL LIVE, WORK, MOVE SEMINOLE 5K

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**Sanford, Fla.** – In observance of National Public Health Week (April 4-10, 2016), the Florida Department of Health in Seminole County (DOH-Seminole) will host the 2<sup>nd</sup> *Annual Live, Work, Move Seminole 5K* on Saturday, April 9, 2016. The 5K and free kid's 100 meter dash race will take place from 7:30 a.m. to 11 a.m. at Riverwalk/Fort Mellon Park, 600 East 1<sup>st</sup> Street, Sanford, Florida.

"We are committed to focusing on positive health outcomes in Seminole County," said Venise White, Manager for DOH-Seminole's Office of Health Promotion and Education. "This year we offered a free 5K training program to support beginner runners to increase endurance and reduce injuries related to walking and running."

The Orlando Magic, City of Sanford, Front Running Sports, Tobacco Free Seminole County, Health Link and No Limit Health and Education have partnered with DOH-Seminole to bring the community an educational, energetic and motivational health event.

Awards and recognition will be given to registered teams with the most participants in the following categories: school with the most students, teachers, administrators and staff; employer with the most employees; faith-based community with the most members; neighborhood community with the most residents; and social, recreation or fraternal group with the most members.

"As a community, we need to reduce and prevent obesity which leads to heart disease, diabetes, and cancer," said Dr. Swannie Jett, Health Officer for DOH-Seminole. "Our organization is excited to host the 2<sup>nd</sup> *Annual Live, Work, Move Seminole 5K* to reinforce the importance of being proactive with our health, and that making healthy choices can be fun and rewarding."

The *Live, Work, Move Seminole 5K* was developed to celebrate healthy living. [Registration](#) is \$25 per person and includes a finisher's medal, t-shirt and race swag bag. For more information about individual registration, please visit [www.SeminoleCoHealth.com](http://www.SeminoleCoHealth.com). For more information about sponsorship and group registration, please contact Venise White at 407-665-3008 or [Venise.White@flhealth.gov](mailto:Venise.White@flhealth.gov).

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