

September 18, 2015

JOIN FLORIDA DEPARTMENT OF HEALTH IN SEMINOLE COUNTY FOR WORLD HEART DAY

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Sanford, Fla. – Registration is now open for the Florida Department of Health’s World Heart Day events being held in Seminole County. World Heart Day will become an annual event in Florida to focus attention on the fact that heart disease and stroke are the world’s leading causes of death.

In recognition of World Heart Day, the Florida Department of Health in Seminole County (DOH-Seminole) will celebrate by partnering with Front Running Sports and Extreme Youth Sports to host a free 5K Walk/Run for the entire family. The 5K Walk/Run event will take place on Saturday, September 26, 2015 from 7:30 a.m. to 10:30 a.m. at the Seminole Cross Trail, 1061 South Sun Drive, Lake Mary, Florida. Register online at runsignup.com or complete and submit the registration form.

The department is also partnering with the City of Sanford Fire Department and CPR + AED Foundation, Inc. to host free [Hands-Only™ CPR](#) trainings. The Hands-Only CPR trainings will take place on Tuesday, September 29, 2015 at DOH-Seminole, 400 West Airport Boulevard, Sanford, Florida and Casselberry Fire Department Station 21, 681 Seminole Boulevard, Casselberry, Florida. Both training locations will offer two sessions – 11 a.m. to noon and noon to 1 p.m. To register, please contact Brittney Frazier at 407-665-3212 or Brittney.Frazier@flhealth.gov.

“In 2012, heart disease was the second leading cause of death in Seminole County,” said Dr. Swannie Jett, Health Officer for DOH-Seminole. “Seminole County residents are encouraged to not only register, but also invite loved ones to participate in World Heart Day events.”

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.

Visit seminole.floridahealth.gov for more information. 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](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

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