FOR IMMEDIATE RELEASE

Step Up to Fight Heart Disease at Springfield Heart Walk on May 5

Walk raises funds to fight America’s number one killer

WHAT: The 2012 Springfield Heart Walk is a fundraiser for the American Heart Association that raises money for programs and research that fight America’s number one killer – heart disease. Walkers can participate in free health screenings from Memorial Heart & Vascular Services, make tributes to loved ones, enjoy heart-healthy food from the Illinois Pork Producers and of course a walk around Southwind Park. The American Heart Association will also recognize several individuals who have made major lifestyle changes for a healthier heart.

“Heart disease has affected almost all of us in some way,” said Jim Zito, co-chair of the Springfield Heart Walk and CEO of Prairie Heart Institute of Illinois. “We ask the community to walk for the loved ones they have lost, and to improve their own heart health.”

Dr. Charles Lucore, M.D., F.A.C.C., co-chair of the event, and Executive Director of the Prairie Heart Institute of Illinois, said “Raising funds for the heart walk is a great way walkers can further the AHA’s mission of reducing the number of deaths from cardiovascular disease and stroke. Each walker makes a difference.”

WHEN: Saturday, May 5
8 a.m. – Registration opens; booths and health screenings open
9 a.m. – Short program with Lifestyle Change Awards; walk will immediately follow.

WHERE: Southwind Park
4965 S. 2nd St., Springfield

WHY: The Heart Walk is an event that was created by the American Heart Association to encourage physical activity to prevent heart disease for individuals and company employees everywhere. More than 400 walks are held throughout the United States every year.

The 2012 Springfield Heart Walk is sponsored by Memorial Heart & Vascular Services.

FOR MORE INFORMATION: To register a team, call 217-698-3838 or log on to www.springfieldilheartwalk.org.

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