

Sept. 16, 2015

JOIN FLORIDA DEPARTMENT OF HEALTH IN LEE COUNTY FOR WORLD HEART DAY EVENTS



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Lee County— Registration is now open for the Florida Department of Health's World Heart Day events being held in Lee 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 Lee County will be celebrating by partnering with the City of Fort Myers and Healthy Harvest Community Farms Annual 5K Walk/Run on September 26. The department is also hosting a [Hands-Only™ CPR](#) training in partnership with Lee County EMS, Lee Memorial Health Systems and North Fort Myers Fire Department from 10 a.m. to 1 p.m. September 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: 7:30 a.m. registration Sept. 26, 2015 Walk/Run 5K
10 a.m. to 1 p.m. 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.

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 or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or Twitter at 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](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.