

Sept. 16, 2015
Immediate Release



MARGO DONADIO MEMORIAL- FIRE GIRLS AND WORLD HEART DAY 5K WALK/RUN

Join the Fire Girls of Indian River County and the Florida Department of Health in Indian River County for a morning of fun on September 26th.

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Indian River County — The Florida Department of Health in Indian River County is collaborating with The Fire Girls of Indian River County to promote a healthy lifestyle and to celebrate Margo Donadio's memory with the 4th Annual Margo Donadio Memorial-Fire Girls 5K Walk/Run.

This event benefits the Pink4Life Women's Wellness and Mammogram Assistance Program. "We are proud to team up with the Fire Girls for another fantastic event promoting women's health and wellness", said Miranda Hawker, administrator for the Florida Department of Health in Indian River County. There is a free kid's race after the 5k race with a bounce house, face painting and refreshments.

World Heart Day will also 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 and to promote healthier lifestyles. Become a part of this special event and help make Florida a safer, more heart-healthy environment.

What: Margo Donadio Memorial- Fire Girls Walk/Run / World Heart Day 5K

When: Sept. 26, 2015 at 7:30am

Where: Begins and ends at the South Beach Park, Vero Beach, east of the 17th Street Bridge.

**Registration: \$20.00 in Advance and \$35.00 on Race Day
Race day registration will begin at 6:15am – 7:15am**

Contact for registration: Runners Depot of Vero Beach 772-569-7364

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. 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.

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