Sept. 23, 2015

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

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Viera — Registration is now open for the Florida Department of Health's World Heart Day events being held in Brevard 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 Brevard County will be celebrating by hosting a 5K Walk/Run on Sept. 26. The department is also partnering with Brevard County Fire Rescue to host Hands-Only™ CPR trainings in Viera on Sept. 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, heathier, 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:	Sept. 26, 2015	Walk/Run 5K
	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 and on Facebook. For more information about the Florida Department of Health please visit www.FloridaHealth.gov.