

NEWS RELEASE

FOR IMMEDIATE RELEASE

Iowa Heart Foundation
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Iowa Heart Foundation to host Fort Dodge Has Heart 5K Run/Walk

An opportunity to support heart health in the Fort Dodge area.

The Iowa Heart Foundation is holding a Fort Dodge Has Heart 5K Run/Walk. Proceeds from the event will support heart health initiatives in the Fort Dodge area. The Iowa Heart Foundation will be collaborating with local partners and organizations to improve heart health outcomes in the area. "Heart disease is the leading cause of death in Iowa and Webster County is one of the most impacted counties," said Lezlie Mestdagh, Executive Director of the Iowa Heart Foundation.

The event will be held on Saturday, September 17th and will kick off at 9am from the Rosedale Rapids Aquatics Center. There will also be an opportunity for kids to run a 1K.

Early registration is \$25 for adults and \$20 for youth through August 20th and includes a t-shirt and participant bag with items from sponsors and heart health information. Registration after August 20th will increase to \$30 for adults and \$25 for youth and t-shirts and bags are not guaranteed after that date. In addition, there is an opportunity to donate \$25 to have a sign displayed along the course to show support for a loved one.

The Iowa Heart Foundation is committed to improving heart health education and dedicated to the prevention of heart disease. Lezlie Mestdagh shares, "The 5K will be a fun, family-friendly event to raise awareness, provide education and support individuals who have been impacted by heart disease. We are excited to highlight the great partners and providers who work tirelessly to improve the heart health of their patients."

Registration is required and available online at: www.iowaheartfoundation.org. Sign up today for this fun, family event to support heart health in the Fort Dodge area!

Iowa Heart Foundation

The Iowa Heart Foundation is committed to improving heart health education and dedicated to the prevention of heart disease. For over 30 years the Iowa Heart Foundation has provided community outreach across the state, training of healthcare professionals through continuing education and scholarships, access to automated external defibrillators (AED), and promotion of cardiopulmonary resuscitation (CPR). For more information visit: www.iowaheartfoundation.org.