

NEWS RELEASE

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Iowa Heart Foundation
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Iowa Heart Foundation to host 2nd Annual Ottumwa Has Heart 5K Run/Walk

An opportunity to support heart health in Wapello County.

The Iowa Heart Foundation is holding its 2nd Annual Ottumwa Has Heart 5K Run/Walk and is pleased to announce the Ottumwa Legacy Foundation as its presenting sponsor. Proceeds from the event will continue to support heart health initiatives in southeast Iowa. 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 Wapello 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, April 29th and will kick off at 9am from the Quincy Place Mall parking lot. Participants will follow a 3.1 miles route through the Ottumwa Lagoons on the trail.

Early registration is \$25 for adults and \$20 for youth through April 1st and includes a t-shirt and participant bag with items from sponsors and heart health information. 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 community."

Registration is required and available online at: www.iowaheartfoundation.org. Sign up today for this fun, family event to support heart health in Wapello County! Sponsorships are available.

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.