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**NEWS  
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# Annual Walk/Run on Scenic Drive Celebrates American Heart Month

## Event is Part of Parks & Recreation Scenic Sundays

**EL PASO, Texas**—Take a step toward a healthier heart at Live Active El Paso’s annual Love Yourself, Love Your Heart Walk.

The FREE, family-friendly event commemorates American Heart Month with a 3-mile walk/run starting at 9 a.m. Sunday, February 2, at Scenic Drive’s Westside entrance.

"Scenic Sundays are all about promoting health and wellness in a beautiful, open setting, and the Love Yourself, Love Your Heart Walk/Run is a perfect addition to this tradition," said Parks Director Pablo Caballero. "We’re excited to see the community come together to enjoy Scenic Drive while focusing on heart health and overall well-being. This event is a reminder that small steps, like staying active, can make a big difference in leading a healthier lifestyle."

The event kicks off with a dynamic warm-up routine, followed by the walk/run and an opportunity to explore wellness booths hosted by various community organizations.

In addition to the walk/run, Live Active partner, The Hospitals of Providence will provide free blood pressure screenings and provide essential heart health information as part of their "Be Your Own Heart Hero" campaign.

"At The Hospitals of Providence, we’re dedicated to empowering our community to take control of their heart health," said THOP Rep. XXXXXXX. "The Love Yourself, Love Your Heart Walk/Run is a fantastic opportunity to not only raise awareness about the importance of heart health but also to provide resources and screenings that can help individuals be proactive. Together, we can all be our own heart heroes and inspire healthier lives."

Participants will receive free Live Active El Paso swag to include T-shirt, lanyards, cooling towels, and more—while supplies last!

The Love Yourself, Love Your Heart Walk/Run is organized in part by Live Active El Paso and The Hospitals of Providence.

Every Sunday morning, the Parks and Recreation Department closes Scenic Drive to vehicles between Wheeling and Robinson to allow visitors to walk, run, cycle, or skateboard, while enjoying stunning views of El Paso and Ciudad Juarez, Mexico.

For more information on Live Active El Paso, visit [www.LiveActiveEP.com](http://www.LiveActiveEP.com)

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Promoting **Transparent & Consistent Communication**  
Among All Members of the Community

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