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**NEWS
RELEASE**

01/30/2024

Annual Walk/Run at Scenic Drive Celebrates American Heart Month

Event is Part of Parks & Recreation Scenic Sundays

EL PASO, Texas— Take care of yourself by taking care of your heart and join Live Active El Paso's Love Yourself, Love Your Heart Walk to celebrate American Heart Month with a 3-mile walk/run starting at 8 a.m. Sunday, February 4 at Scenic Drive.

The free, family-friendly health and wellness event starts at the Westside entrance of Scenic Drive. Activities begin with a warm-up routine, followed by a run/walk and wellness booths from various organizations in attendance.

In addition to the walk/run, Live Active partners The Hospitals of Providence will provide free blood pressure screenings and health information. The El Paso Public Health Department and Immunize El Paso will provide free flu shots to everyone six months and older.

"February is a great reminder to make your health and your heart a priority by making lifestyle modifications to help you live a healthy and long life," said Erik Cazares, Chief Executive Officer for The Hospitals of Providence Sierra Campus. "We invite the community to join us at this fun family event and take a walk over beautiful Scenic Drive."

About a dozen wellness booths will provide information on free health services and resources. The Sunrise Civic Group will offer free water and fresh fruit. Participants can also adopt a pet from the El Paso Animal Services pet adoption van and receive information on responsible pet ownership.

Participants will receive a free Live Active El Paso cooling towel and a 150th Anniversary celebration T-shirt (until supplies last).

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.

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

For more information on Live Active El Paso, visit www.LiveActiveEP.com.

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

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