



Monday, September 15, 2003

Metro Detroit Heart Walk offers exercise, fun

By **Jeff Samoray**, OU Web Writer

Put on your walking shoes and join thousands in the fight against heart disease and stroke by participating in the American Heart Association's **Metro Detroit American Heart Walk** on Saturday, Sept. 20. This family oriented event, which also features children's activities, music and information on healthy living, is held on the Meadow Brook Music Festival grounds at Oakland University.

Money raised from the Metro Detroit American Heart Walk provides funds for cardiovascular research and community education programs in metro Detroit. Last year, the metro Detroit walk raised more than \$1.2 million. This year's goal is to raise more than \$1.6 million. The metro Detroit walk is one of the largest Heart Walks in the country.

"The Heart Walk is a great opportunity to exercise, enjoy our beautiful campus, and help support research and education regarding heart disease and stroke," said Joann Burrington, administrative project coordinator for OU's School of Nursing and Heart Walk organizer. "The musical entertainment along the walk route makes for an enthusiastic and uplifting event, and many participating companies will have tents offering information and giveaways. Jared (Fogle) from Subway will also walk with his own team made up of schoolchildren."

It's not too late to sign up as a team captain and help recruit co-workers, family, friends and neighbors or join an existing team by going to the **Metro Detroit American Heart Walk** Web site and following the instructions.

Walkers may choose between a 1-mile or 2.5-mile course. Festivities begin at 7:30 a.m. with the opening ceremonies starting at 9 a.m.

For more information, contact Joann Burrington, administrative project coordinator for OU's School of Nursing, at (248) 370-4065 or burringt@oakland.edu or Tracey Glover from the American Heart Association at (248) 827-4214 or tracy.glover@heart.org.

SUMMARY

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