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NEWS RELEASE

(For immediate release)

FMC TO HOST 7TH ANNUAL SNIDER HEART AND LUNG 5-MILE RUN/WALK

LANCASTER, Ohio (July 7, 2014) – Fairfield Medical Center’s 7th annual Snider Heart and Lung 5-Mile Run/Walk will be held Saturday, August 16 at Fairfield Medical Center to raise funds for patients who cannot afford the cost of cardiac and pulmonary rehab.

This year’s race will include a 5-mile run/walk, a 1-mile walk and a kids’ race. Registration begins at 6:30 a.m. with the 5-mile run/walk and 1-mile walk starting at 9 a.m. The kids’ race will immediately follow the 5-mile run/walk. The entry fee is \$25 if the participant registers by August 8 and \$30 the day of the race.

In 2013, the race brought in approximately \$23,000 for cardiopulmonary patients. Cardiopulmonary rehabilitation is a physician-ordered secondary prevention program that meets three times a week for eight to 12 weeks. It is designed to help patients improve their quality of life after being diagnosed with heart failure, a heart attack or certain lung conditions.

“Many times our patients cannot afford the program, so the money raised from the Heart and Lung Run helps those patients who, at times, choose between food, medications and improving their lives with cardiopulmonary rehabilitation,” said Kelly Marion, manager of cardiovascular business development at Fairfield Medical Center.

To register for the Snider Heart and Lung 5-Mile Run/Walk, visit www.fmchealth.org and click on the Heart and Lung Run link on the homepage. Participants can even use their smart phone by scanning the barcode on the race flyers, or by filling out the brochure and mailing it in. Registration also can be done on the day of the race. For more information or questions about the race, contact Kelly Marion, MSN, RN, NE-BC, at 740-687-8951.

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