



Health and Human Services MEDIA RELEASE



FOR IMMEDIATE RELEASE

Sept. 9, 2016



DOH-Sarasota joins Sarasota County in Hosting second annual Free Family 5K Walk/Run

Nokomis Beach on Sept. 24

SARASOTA COUNTY – The Florida Department of Health in Sarasota County (DOH-Sarasota) and Sarasota County Parks, Recreation and Natural Resources are hosting their second annual Free Family 5K Walk/Run event on Saturday, Sept. 24 at Nokomis Beach, 100 Casey Key Road, Nokomis. The race begins promptly at 8 a.m., rain or shine.

The purpose of the event is to raise awareness about *Florida's Healthiest Weight Initiative* and the benefits of maintaining a healthy weight through regular physical activity. Family Health & Fitness Day USA® is also observed that day.

All fitness levels welcome. This free event is designed for the whole family to enjoy. A 1.5 mile walk/run option is also available. Heart healthy snacks will be provided following the event. No pre-registration is required. For more information, visit www.sarasotahealth.org or call 941-861-2969.

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov. For more information, visit www.sarasotahealth.org or call 941-861-2900.



MEDIA NOTES:

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Website: www.sarasotahealth.org



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Sarasota County prohibits discrimination in all services, programs or activities.

View the complete policy at www.scgov.net/ADA/Pages/default.aspx

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