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**NEWS
RELEASE**

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Live Active El Paso and The Hospitals of Providence Announce Annual Love Your Heart Walk/Run at Scenic Drive

Celebrate Heart Month at Scenic Sundays

EL PASO, Texas—Live Active El Paso, in partnership with The Hospitals of Providence, invites the community to take an active step toward better heart health during the annual Love Yourself, Love Your Heart Walk/Run, a free, family-friendly event in celebration of American Heart Month.

The free 3-mile walk/run begins at 9 a.m. on Sunday, February 15, at the Westside entrance of Scenic Drive. Held each February nationwide, American Heart Month raises awareness about heart disease and encourages people of all ages to adopt heart-healthy habits through regular physical activity and wellness education. No registration is necessary and pets are invited.

“A healthy heart impacts far more than one person. A healthy heart will change the life of family, friends and everyone in a person’s life. This is heroic,” said Nicholas Tejeda, Western Group President for Tenet Healthcare. “The Love Yourself, Love Your Heart Walk/Run is a great opportunity to both raise awareness about the importance of heart health and to provide valuable resources and screenings that can help proactive in improving their health. At The Hospitals of Providence, our uniquely dedicated and skilled team is honored to help patients become heroes.”

The event is part of the City of El Paso Parks and Recreation Department’s Scenic Sundays, a popular weekly program that closes Scenic Drive to vehicle traffic every Sunday morning between Wheeling and Robinson. The closure allows residents and visitors to walk, run, bike, or skateboard while enjoying sweeping views of El Paso and Ciudad Juárez, Mexico.

“Scenic Sundays were created to give our community a safe, welcoming space to prioritize health and wellness, and this heart walk/run truly reflects that mission,” said Parks and Recreation Director Pablo Caballero. “By bringing families together in one of El Paso’s most scenic locations, we’re showing that taking care of your heart can be as simple as staying active and enjoying the outdoors.”

The morning will kick off with an energizing warm-up, followed by the walk/run and opportunities to visit wellness booths hosted by local community organizations. Participants will also have access to free health resources throughout the event.

As part of its Be a Champion of Your Heart campaign, The Hospitals of Providence will offer free blood pressure screenings and heart health education.

The Love Yourself, Love Your Heart Walk/Run is organized by the City’s Live Active El Paso program in partnership with The Hospitals of Providence.

For more information about Live Active El Paso and free, upcoming wellness events available to the community, visit www.LiveActiveEP.com.

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

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