

## NEWS

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### St. Mary's Sacred Heart Hospital Hosts Wellness Walk and 5K

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#### FOR IMMEDIATE RELEASE

**LAVONIA, Ga.** – March 3, 2025 – St. Mary's Sacred Heart Hospital is excited to announce the 6<sup>th</sup> annual Wellness Walk & 5K – plus a 1-mile Fun Run for kids, scheduled for Saturday, March 22, at St. Mary's Sacred Heart Hospital, 367 Clear Creek Parkway, Lavonia.

Participants can register in advance at [www.runsignup.com/Race/GA/Lavonia/WellnessWalk5K](http://www.runsignup.com/Race/GA/Lavonia/WellnessWalk5K). Pre-registration and day-of registration is \$35 for the 5K and \$20 for the fun run. The event is organized by Classic Race Services and is part of the Black Bag race series. Walkers and runners are welcome. Participants are welcome to race the course competitively or walk it for fun and health.

Race-day registration will start at 7 a.m., with the 5K walk and run beginning at 8 a.m. The Fun Run will start right after the 5K begins. The awards ceremony for the 5K event will commence at 9 a.m. Awards will be presented to the first-place overall male and female, first-place master's male and female, and first-place finishers in 10-year age groups for male and female categories (10 years and under, 11-19, 20-29, etc., up to 70 and up).

All proceeds from the event will benefit the Sacred Heart Hospital Cardiac Rehab Department. Cardiac rehab is designed to help people who have experienced heart problems such as heart attacks, bypass surgery or who are living with heart failure recover faster and improve their quality of life.

For more information, please contact Shawn Carter at [Shawn.Carter@stmarysathens.org](mailto:Shawn.Carter@stmarysathens.org).

