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## Press Release

January 15, 2019

### **Cuero Health: Heart & Sole 2019 Heart Walk to be Held in Honor of Kathy Stanfill**

**Cuero, Texas:** Join the Cuero Health staff as they promote heart health awareness on Saturday, February 16! Cuero Regional Hospital's Heart & Sole Heart Walk 2019 will be held in a new location this year at the Gobbler Stadium, 920 E. Broadway St., Cuero on Saturday, February 16 with registration at 8 a.m. and the walk starting at 9 a.m. This year's walk will be held in honor of Kathy Stanfill, longtime employee of Cuero ISD.

This event includes an inflatable obstacle course for kids, heart health information booths with blood pressure and blood sugar checks, five minute chair massages, door prizes and more. Mayor Sara Post Meyer will start the activities with a prayer and there will be a speaker on the importance of early screening and prevention.

Texas A&M AgriLife as well as other vendors and sponsors will be on site. Activities and morning of registration will begin at 8:00am with the Heart Walk following at 9:00am – 11:00 am. The first 100 participants will receive a t-shirt and goodie bag with \$20 registration. Community members wishing to walk are encouraged to do so and there is no registration fee to walk. Walk is family friendly; walk or jog this 3 mile course for heart awareness. Registration for Heart Calcification Screenings from Cuero Regional Hospital will also take place at this event.

As in years past, the heart walk will be included with It's Time Texas community challenge which encourages citizens to exercise better, eat better, and live better. The ITT challenge is sponsored by HEB and runs thru early March. Community members register online and then document what each does to meet those goals. This is a partnership with the Cuero Regional Hospital, CISD, and city and county governments. To register for It's Time Texas Community Challenge presented by H-E-B, visit: <https://ittcommunitychallenge.com>

Registration is \$20 per person and includes a tshirt (registration to walk without receiving a tshirt will be required on site). Visit Active.com to register today or call the Wellness Center to register – 361-275-9355. If you wish to walk and no receive a t-shirt, there is no registration fee. For more information, call Bfit Cuero Wellness Center at 361-275-9355.

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