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Student Pharmacists Promote Heart Health With Campus 5K

CEDARVILLE, OHIO – Operation Heart, a program through the national [American Pharmacy Association Academy for Student Pharmacists](#), will host its annual 5K run/walk on Saturday, Sept. 30, at Cedarville University's Elvin R. King Cross Country Course.

Check-in for the event will begin at 8:30 a.m.. Registration is \$18 and includes a free T-shirt.

Proceeds from the race will sponsor Cedarville Fitness and Recreation Center memberships for members of the Cedarville Senior Center Walking Club, providing a safe place to walk, exercise and strengthen their hearts during the inclement winter months.

Additional funds from the race will benefit Operation Heart activities throughout the 2017-2018 school year. Operation Heart provides students a platform to encourage healthy habits and promote good heart health in the community.

"According to the [Center for Disease Control](#), heart disease is the leading cause of death in America," said Operation Heart co-chair Christy Varghese. "It can largely be prevented with a good diet and healthy lifestyle. Even when it isn't preventable and develops because of genetics, there are things you can do, like exercising and eating right, to help combat it."

Throughout the year, Operation Heart students offer multiple screenings to the community including blood pressure checks, blood sugar checks, cholesterol checks and immunizations.

So why participate in this 5K?

"The money goes to a really good cause, and it's just a fun thing to do with a friend," said Varghese. "Run the 5K, support a cause, get a free T-shirt and help other people's hearts while helping your own heart!"

You can register for the 5K [online](#) by September 24.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 3,963 undergraduate, graduate, and online students in more than 100 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings, and leading student satisfaction ratings. For more information about the University, visit www.cedarville.edu.