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FOR IMMEDIATE RELEASE

Tri-City Medical Center Partners with Non-profits on First-Ever North County Heart and Stroke Walk

OCEANSIDE, Calif. – Tri-City Medical Center and the American Heart Association welcomed the public to the inaugural North County Healthy for Good Heart and Stroke Walk on Sat., Sept. 30 at the Oceanside Pier.

More than 3,300 people and 20 businesses and local organizations participated raising over \$200,000 for heart-related research.

Tri-City Medical Center will continue to [collaborate](#) with the American Heart Association to bring heart-health services to North County as well as launch the “Life is Why” campaign, an educational platform geared to encourage people to make healthy choices not only for themselves but for their loved ones.

Cardiovascular-related diseases claim more lives than all forms of cancer combined. However, 80 percent of cardiac events may be prevented with education and lifestyle changes. Heart disease and stroke are the number one and five leading causes of death, respectively.

“We are proud to be the exclusive partner with the American Heart Association in North County and working together to advance the health and wellness of the community we serve,” said Steve Dietlin, CEO of Tri-City Medical Center who also served as this year’s event chair for the walk. “We look forward to a long and beneficial relationship.”

In addition to its sponsorship of the event which allowed AHA to bring the walk to North County for the first time, Tri-City Medical Center raised the most money during the walk and had over 1,260 employees participating.



For more information about the Healthy for Good Heart Walk, visit www.heart.org/NCSDHEARTWALK.

About Tri-City Medical Center

Tri-City Medical Center has served its community for over 50 years and is a 388-bed full service, acute-care hospital in Oceanside, Calif. with a primary care clinic and over 700 physicians practicing in 60 specialties. Its Gold Seal of Approval® from the Joint Commission recognizes its commitment to safe and effective patient care for the residents of the community it serves. It operates the only Level III Neonatal Intensive Care Unit (NICU) in North County as well as an Orthopedic & Spine Institute, a Cardiovascular Health Institute and a Neuroscience Institute along with the Tri-City Wellness Center in Carlsbad, Calif., recognized as one of the best wellness centers in San Diego County. It also specializes in women's health, robotic surgery, cancer and emergency care. For more information about Tri-City Medical Center and Tri-City Healthcare District, please visit www.tricitymed.org.

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