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**FOR IMMEDIATE RELEASE**

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**EXCELA HEALTH, WESTMORELAND MALL  
RENEW WALKING PROGRAM IN 2012  
WITH EMPHASIS ON HEART HEALTH**

**GREENSBURG, PA, January 11, 2012** ... Walking is a gentle, low-impact exercise that can easily lead into a higher level of fitness and health. Accessible to just about everybody, walking is safe, simple and doesn't require practice. And the health benefits are many, including controlling risk factors for heart disease.

Excela Health and Westmoreland Mall will help people maintain a heart-healthy fitness regimen with monthly programming and an inviting climate-controlled locale for an early morning walk.

Walkers are welcome year-round in the hours before the mall opens for business. The fourth Thursday of each month in 2012 beginning January 26 look for special health events in the mall food court, 8 to 9:30 a.m., sponsored by The Heart Center at Excela Health. Activities include a free heart-healthy continental breakfast, blood pressure screenings, door prize drawings and educational, health-related presentations from Excela Health.

In January, Excela Health interventional cardiologist James Lynch, MD, will be speaking on "Chest Pain and Heart Attack." Board certified, Dr. Lynch completed fellowship training in cardiology and interventional cardiology at the University of Pittsburgh Medical Center and Allegheny General Hospital, respectively. Also on the program, registered dietitian Dawn Davoli, nutrition consultant for Excela Health, offering heart smart eating tips.

The Mall Walkers educational programs are free and open to people of all ages. Individuals who register receive a complimentary pedometer. Sign up at [excelahealth.org](http://excelahealth.org) under Wellness and Community, Westmoreland Mall Walkers, contact the Excelsa Health Call Center, 1-877-771-1234, or stop by the Food Court on January 26.