



UNIVERSITY MEDICAL CENTER
OF EL PASO

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Contact: **Ryan Mielke**

Director of Public Affairs

(915) 521-7656 rmielke@umcelpaso.org

(915) 493-5235

Press Advisory:

FOR IMMEDIATE RELEASE

EL PASO'S HEALTH START 2020 SET FOR FEB. 1

Third Annual Event Includes 'Kids Dash' by EPCH

EL PASO, Texas – Health Start 2020, the third annual health event to officially kick off a year of fitness and **Better Health in the Borderland**, takes place 8 a.m. Saturday, Feb. 1, at UMC West, located at 6600 N. Desert Boulevard in west El Paso.

The theme for 2020 is **“Focus On Your Health.”** Health and fitness vendors from throughout the region will participate in the event featuring a **1-mile walk, a 5k fun run.**



This year, El Paso Children's Hospital will be part of the event with a new **“Kids Dash.”**

There will also be health screenings, vendor demonstrations and more! Long-sleeve T-shirts, medals and more will go to adult and child participants. (Races will begin at 9 a.m.)

Bring the whole family!

To register, go to www.RaceAdventuresUnlimited.com or [click on this link](#).

About UMC: For 103 years, University Medical Center of El Paso (UMC) has been providing exceptional, high quality care for the entire El Paso region. UMC is home to the region's only Level I Trauma Center, Level I Stroke Center and Comprehensive Stroke Center, and only Level IV Maternal Critical Care Center. UMC's mission is to enhance the health and wellness of the El Paso community by making high quality, affordable healthcare services accessible to all, while providing healthcare-related education, research and innovation.

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