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FOR IMMEDIATE RELEASE

UMC's "Better Health 5K Run, 1 Mile Walk" Returns To Promote Wellness

EL PASO, Texas – University Medical Center of El Paso (UMC) invites the community to participate in the annual "Better Health 5K Run, 1 Mile Walk" on Saturday, Oct. 12 at the UMC East Clinic, 1521 Joe Battle Blvd.

The 5K Run, 1 Mile Walk will begin at 8 a.m. and offer a Kids Dash before the race.

Representatives from various organizations throughout the community will be on-site to provide health screenings, flu vaccines and information about available resources, such as UMC's Mammogram Initiative for October.

With October being Breast Cancer Awareness Month, proceeds from the event will benefit UMC's Sobreviviendo/Surviving Cancer program, which helps cancer patients who are at risk of failing to adhere to their treatment plan because of financial difficulty, to receive on-going counseling and crisis intervention to overcome psychological and financial difficulties.

Registration and additional information for the UMC Better Health 5K Run, 1 Mile Walk and Kids Dash can be found here: [UMC Better Health 5K Run, 1 Mile Walk \(runsignup.com\)](https://www.runsignup.com)

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About UMC: For 109 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, the only Comprehensive Level I Stroke Center, and the only Level IV Maternal Critical Care Center. UMC's mission is to Heal, to Serve and to Educate. For more UMC News, go to: <http://www.umcelpaso.org> (News Releases at bottom of main page.)