



FOR IMMEDIATE RELEASE

INFORMATION:
The Cardiovascular Care Group
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**The Cardiovascular Care Group Announces New “JUST WALK™” Program
“Take a step toward better health,” says Clifford Sales, MD**

WESTFIELD, NJ — (10/01/2015) *The Cardiovascular Care Group*, New Jersey’s leaders in cardiovascular health, will host several Walk With a Doc walks in Morristown, West Orange and Rockaway, NJ. The first “Just Walk™” walking program will be on Saturday, October 24th 2015 at 9:00am in Morristown and 10:00AM in West Orange. Walkers will enjoy a rejuvenating walk with Vascular surgeons and other healthcare professionals, who will provide support to the walkers and discuss cardiovascular health during the walk.

Walk With a Doc is a national non-profit organization whose mission is to encourage physical activity in people of all ages. The aim is to reverse the consequences of a sedentary lifestyle to improve the health and well-being of the population we serve. “This program has had tremendous participation and success in many other cities around the country,” said Clifford Sales MD, managing partner of The Cardiovascular Care Group. “We are very pleased to be a part of this exciting and simple program that encourages a healthy lifestyle for people of all ages. For decades, we have “talked the talk” about the benefits of exercise; now we will begin to “**walk the walk** with our patients.”

The doctors at The Cardiovascular Care Group encourage all members of the community to join the walks . This is a **FREE program** and pre-registration is not required. Future walks will be announced via the Walk with a Doc website, www.walkwithadoc.org and on the Group’s website at www.tcvcg.com.

“Walk with a Doc is honored to team up with The Cardiovascular Care Group. By incorporating Walk with a Doc, The Cardiovascular Care Group is demonstrating an exceptional level of caring and commitment to their community”, said Dr. David Sabgir, founder of Walk with a Doc.

Dates: Saturday 10/24/2015 and Saturday 10/31/2015 **Time:** 9:00am

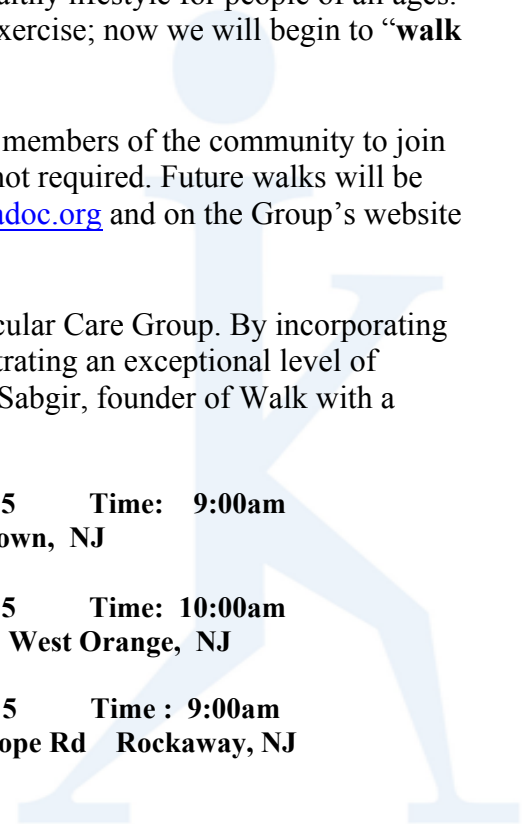
Location: Loantaka Brook Park, 434 South Street Morristown, NJ

Dates: Saturday 10/24/2015 and Saturday 10/31/2015 **Time:** 10:00am

Location: South Mountain Reservation - Clipper Pavillion West Orange, NJ

Dates: Saturday 11/07/2015 and Saturday 11/14/2015 **Time :** 9:00am

Location: Parkes Lake / Fox Pond - Academy St and Mt Hope Rd Rockaway, NJ





Why walk? “There’s no question that increasing exercise, even moderately, reduces the risks of many diseases, including heart and vascular disease.” said Dr. Sales. “More importantly, you will feel better after some exercise!”

According to the American Heart Association, walking as little as 30 minutes a day can provide these health benefits, as well:

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

The Cardiovascular Care Group joins a growing list of communities nationwide that have created local Walk With a Doc (WWAD) programs. WWAD was created by Dr. David Sabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus, OH and he has been walking every weekend since 2005.

About The Cardiovascular Care Group: The Cardiovascular Care Group provides complete care for patients with vascular disease – disorders of the arteries and veins. Since their inception in 1963, The Cardiovascular Care Group has remained committed to the highest level of patient care, combining cutting edge technology with decades of experience in caring for the population of North and Central New Jersey. The Board Certified Surgeons and clinical teams offer expertise in many areas including:

Minimally Invasive Treatment for PAD (Peripheral Arterial Disease) •

Hemodialysis Access • Carotid Artery Disease (Stroke Prevention) •

Abdominal Aortic Aneurysm Disease (AAA) • Varicose Veins •

About Walk With a Doc: WWAD is a non-profit organization that encourages healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. “Just Walk™” Walk with a Doc has over 100 active programs across the country and around the world. To learn more, go to www.walkwithadoc.org.