

Sports >

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'Walk Chennai Walk' at Elliots Beach

The healthcare team at Cardiac Wellness Institute hosted a walkathon 'Walk Chennai Walk' on Sept 29 at Elliots Beach, to mark World Heart Day. The aim of the initiative was to raise awareness about heart health and to involve the whole family in an active lifestyle.

Over 400 participants of various age groups took part in the event. Radhakrishnan, Health Secretary presided over the event and flagged off the walk. Dr. Priya Chockalingam, Clinical Director of Cardiac Wellness Institute, welcomed the participants, thanked the sponsors and



spoke about how everyone should take some time and effort on a daily basis to prevent deadly diseases like heart attack and stroke. Dr. V. Chockalingam addressed the participants and said that heart-healthy lifestyle should become a

part of our routine not just on World Heart Day but throughout the year.

Cardiac Wellness Institute is at 21, 5th Ave, Thiruvalluvar Nagar, Besant Nagar. Ph: 99404 08828 or 43192828.

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