



## TOPIC FOR TUESDAY, MARCH 11, 2025

### 2025 America's Greatest Heart Run and Walk Expo

MVHS was once again the main sponsor for America's Greatest Heart Run and Walk Expo that took place on Friday, March 7, 2025, at the Clark Athletic Center at Utica University. MVHS was well represented, with tables from more than a dozen departments and specialty offices.

We had nearly 100 participants take part in the various screenings being offered for blood pressure, body composition, BMI and more!



*MVHS Community Outreach nurses perform a blood pressure screening.*

The Heart Run and Walk raised more than \$400,000 (although donations are still being tallied) and saw nearly 1,500 participants in the walk and runs.

Thank you to all of you who took the time to volunteer at the Expo and take part in the run/walk.



MVHS Nutrition (left) had participants spinning the wheel to answer a nutrition question and win a prize, and Laboratory (right) talked with Expo attendees about their services and locations.



MVHS Imaging (left) had a magnetic dart game! If you hit a lung nodule, you won a prize! The Community Outreach nurses were performing blood pressure screenings, or participants could spin the wheel and answer a question to win a prize.





MVHS Cath Lab and Structural Heart (left) had their tools of the trade on display and were explaining catheterization and stent procedures. The MVHS Medical Group and Lung Cancer Screening program (right) were speaking with attendees about the importance of regular screenings and early detection.



MVHS Stroke and Inpatient Rehab had basket raffles and discussed what each program offered to attendees.



MVHS Cardiac Rehab and Physical Rehabilitation (PT) offered body composition screening, BMI indexing and more!



MVHS Cancer Center had a question and answer session for attendees to win a prize!





Upstate Urology at MVHS had an interactive presentation, were on hand to answer questions and were promoting their free prostate screening event in April.



Expo attendees were able to speak with the Center for Donation and Transplant – Donate Life.





Our Talent Acquisition department was in the main vendor area with a prize wheel. They were also speaking with attendees about careers with MVHS!



St. Elizabeth College of Nursing (SECON) gave out information about their nursing program and showed off the SECON uniform!

BE SURE TO FOLLOW US ON SOCIAL MEDIA!

