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Walk With a Doc features recipes with nuts in November

By Emily Ford

For the Duke Translational Medicine Institute

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KANNAPOLIS, N.C.—Walk With a Doc, a free event at 9 a.m. Saturday, Nov. 1, will feature information about nuts and heart health, along with some light exercise.

Everyone will go home with recipes.

The Sanger Heart & Vascular Institute and Duke University's MURDOCK Study, located at the N.C. Research Campus in Kannapolis, together host Walk With a Doc. The monthly gathering is open to everyone interested in heart health.

For November, MURDOCK Study coordinator Cecilia Plez will present "Nuts and your heart: Eating nuts for heart health" before the walk. Participants walk at their own pace.

The group meets at the Neal Davis Gazebo in Les Myers Community Park at 130 Lawndale Ave. SE in Concord. Registration begins at 8:45 a.m.

Walk With a Doc is held the first Saturday of every month except January, February, July and August due to weather conditions. Local physicians walk with participants, who have a chance to ask questions about heart health.

Duke University launched the MURDOCK Study, a long-term health research project, in 2007 with a \$35 million gift from David H. Murdock, founder and developer of the Research Campus. The study's name stands for Measurement to Understand the Reclassification of Disease Of Cabarrus/Kannapolis.

Enrollment takes about 45 minutes and is offered at nine convenient locations. To start the process, call 704-250-5861 or visit www.murdock-study.org. Participants are compensated.