



Walk With a Doc to feature heart arrhythmia discussion

KANNAPOLIS, N.C.—Dec. 2, 2014—Learn about heart arrhythmias and enjoy some light exercise during Walk With a Doc on Saturday, Dec. 6.

Dr. Tom Christopher, a cardiologist who specializes in electrophysiology, will talk about cardiac arrhythmias and the management of atrial fibrillation before the walk. Participants walk at their own pace.

Duke University's MURDOCK Study, which is based at the North Carolina Research Campus in Kannapolis, and Sanger Heart & Vascular Institute cohost the monthly free event. Walkers meet at the Neal Davis Gazebo in Les Myers Community Park, 130 Lawndale Ave. SE, in Concord. Registration begins at 8:45 a.m., and the event starts at 9 a.m.

The walk, which always includes free health information, is held on the first Saturday of every month except during 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.

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