



Walk With a Doc to feature discussion of superfoods

KANNAPOLIS, N.C.—April 28, 2015—Learn about the antioxidant power of fruits and berries and enjoy some light exercise during Walk With a Doc on Saturday, May 2.



Dr. Anu Ha, a primary care physician at Cabarrus Family Medicine Kannapolis, will talk about the power of these superfoods before the walk, which is free and open to the public.

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. Participants walk at their own pace.

Dr. Anu Ha

The walk, which always includes free health information, is held on the first Saturday of every month. 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 30 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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