



## Walk With a Doc to feature discussion of rainy day exercises

**KANNAPOLIS, N.C.—June 1, 2015**—Don't let bad weather interrupt your workout. Learn about rainy day exercises that you can do at home, then enjoy a stroll during Walk With a Doc on Saturday, June 6.



*Dr. Paul Campbell*

Dr. Paul Campbell, a cardiologist with Sanger Heart & Vascular Institute in Concord, will discuss exercising indoors 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 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.

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](http://www.murdock-study.org). Participants are compensated.

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