



GUILFORD
heart ball



MEDIA ALERT

CONTACTS:

For American Heart Assn.

Sarah Fedele

Cell: 336.662.3304

sarah.fedele@heart.org

Bank of Oak Ridge to Announce First-Ever Healthy Heart Challenge Winners

Interviews Available

(To Distribute- Tuesday a.m. 10/8/13)

WHAT: In partnership with the American Heart Association's Guilford Heart Ball, Bank of Oak Ridge will be announcing the two winners of the first-ever ***Healthy Heart Challenge***, recognizing local men and women in Guilford County who have made lifestyle changes to prevent heart disease and stroke. Heart disease is the No.1 killer of both men and women in the U.S. and stroke is the fourth leading cause of death and a leading cause of permanent disability. However, 80% of heart disease and stroke incidents are preventable through heart-healthy lifestyle changes. "We are proud to recognize these two individuals who have made major changes in their lifestyles to prevent heart disease. Their stories are truly inspirational," shares Ron Black, President and CEO of Bank of Oak Ridge. "The partnership with the Guilford Heart Ball has allowed us to take our practice of '*Banking As It Should Be*' and extend it to '*Life As It Should Be*,' encouraging everyone in our community to put their health first and make changes today for healthier, happier and longer lives." At the event, the Bank of Oak Ridge Healthy Heart Challenge winners will be announced and they will share their inspiring stories. The American Heart Association will also be toasting the Guilford Heart Ball leaders and supporters. Whole Foods will be on-site with a heart-healthy cooking demo and will provide delicious hors d'oeuvres for the evening. Winners of the first-ever Healthy Heart Challenge will receive prizes generously donated by VF Corporation and Off'n Running and will be the "2013-2014 Faces of Heart Health" in Guilford County.

WHEN: **Thursday, October 10**
6-8 p.m.

WHERE: Bank of Oak Ridge Corporate Center
8050 Fogleman Road
Oak Ridge, NC

WHY: Interview Opportunities:

- **Healthy Heart Challenge Winners** – local winners sharing their personal stories of overcoming challenges and successfully making heart-healthy lifestyle changes
- **Ron Black – President and CEO of Bank of Oak Ridge** – focusing on health for Bank of Oak Ridge employees, their clients and the community
- **Sam Tucker – Vice President of Human Resources for VF Jeanswear Americas and Chairman of the 2013-2014 Guilford Heart Ball**

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About Bank of Oak Ridge

[Bank of Oak Ridge \(http://www.BankOfOakRidge.com\)](http://www.BankOfOakRidge.com) is a community bank with locations in Greensboro, Summerfield and Oak Ridge, North Carolina. The bank was established in 2000 with the goal of delivering *Banking As It Should Be*[®]. With a focus on providing personal attention and convenience for every client, we offer a complete range of banking services for individuals and businesses including Saturday and extended weekday hours at all locations, ATM usage world-wide, remote deposits for businesses, and a full line of checking accounts; savings accounts; mortgage services; insurance services; lending options; and wealth management services. Bank of Oak Ridge is a Member FDIC and Equal Housing Lender. For more information, call 336-644-9944, visit the office [location](#) closest to you or use our [online contact form](#).

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America’s No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit www.heart.org.