



## MEDIA ALERT

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## Bank of Oak Ridge Announces 2<sup>nd</sup> Annual Guilford County Healthy Heart Challenge

*Healthy Heart Challenge nominations are now being accepted online  
and at Bank of Oak Ridge locations through May 31, 2014.*

**Thursday, March 6, 2014** – In partnership with the American Heart Association’s Guilford Heart Ball, [Bank of Oak Ridge](http://www.bankofoakridge.com) is proud to announce the *2<sup>nd</sup> Annual Healthy Heart Challenge*.

Bank of Oak Ridge is accepting Healthy Heart Challenge nominations for men and women who have made, or would like to challenge themselves to make, lifestyle changes to prevent heart disease and stroke through May 31, 2014.

“Since 2000, we have been dedicated to delivering “*Banking As It Should Be*” and for us, that always comes back to “*Life As It Should Be*.” We want our employees and our clients to know that we are looking at their financial needs and personal needs with their best interests always in mind,” shares Ron Black, President and CEO of Bank of Oak Ridge. “We are very proud to continue to encourage our employees, clients and our entire community to bank as they should, and to take care of their hearts as they should. It is our honor to recognize Guilford County citizens that are setting the example by making changes to live heart-healthy lives.”

To nominate yourself or someone in your life who should be recognized and rewarded for heart-healthy efforts, apply for the Healthy Heart Challenge at the [Bank of Oak Ridge Facebook Page](https://www.facebook.com/bankofoakridge) or pick up an application at any Bank of Oak Ridge location. For more details, visit [www.BankofOakRidge.com/HealthyHeartChallenge](http://www.BankofOakRidge.com/HealthyHeartChallenge).

Local Guilford County winners will be announced at the *Healthy Heart Challenge* celebration in fall 2014 at Bank of Oak Ridge’s Corporate Center. Winners will receive incredible, customized prize packages graciously donated by VF Jeanswear, Off ‘N Running and Aqua Salon. Healthy Heart Challenge winners will also become the “Faces of Heart Health” in Guilford County for 2014.

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Heart disease is the No. 1 killer of both men and women in the United States, accounting for nearly one third of all deaths in the nation. Stroke is the 4<sup>th</sup> leading cause of death and a leading cause of permanent disability. The good news – **heart disease and stroke are 80% preventable**. The American Heart Association's Life's Simple 7™ program focuses on the seven risk factors for cardiovascular disease and recommends a personalized plan to reduce each individual's risk. For lifestyle change recommendations, heart disease and stroke prevention information, and your personalized plan to reduce your risk of heart disease and stroke, visit [www.mylifecheck.org](http://www.mylifecheck.org).

### **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](http://www.heart.org).

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