



**CENTRAL**  
STATE UNIVERSITY

**1890 Land-Grant Institution**

For **Immediate Release**

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## **CENTRAL STATE UNIVERSITY EXTENSION TO HOST A FREE CARDIOVASCULAR HEALTH EVENT ON FRIDAY, JULY 14, VIRTUALLY**

**WILBERFORCE, OH**—Join Central State University Extension for “Wellness Connection Forum: Cardiovascular Health” on Friday, July 14, at 3 p.m. (EST) via Zoom.

The guest speaker will be Michael J. Robertson, MD, of Premier Health Family Medicine Middletown, Ohio. The free, virtual event will be moderated by CSU Extension staff James Keys, interim REA & FCS Educator – South.

According to Keys, the USDA’s National Institute of Food and Agriculture (NIFA) is a governmental partner for the wellness forum, with NIFA lauding the benefits and importance of such programs across the country. “Community-based wellness programs can produce dramatic results and utilize creative approaches to address an array of factors that affect health and well-being,” says Keys. “Per NIFA by using innovative strategies, programs provide individuals and families with access to services, support, and information to meet their health and wellness needs,” he added.

The CSU health event focuses on understanding cardiovascular disease and covers topics including behavioral risk factors, healthy living, exercise, and healthy eating options, resources, and health care professionals.

“Cardiovascular disease is one of the leading causes of death [in the US],” states Keys. “So, it is important for us to educate, provide resources, and give insight to individuals and families that may be dealing with the disease so that they will be familiar with ways to deal with their current condition.”

To register and receive the virtual link, visit: <https://forms.office.com/r/JGaS8gNsC4>

For more information, email: [jkeys@centralstate.edu](mailto:jkeys@centralstate.edu), or call 937.604.6063.

Central State University, located in Wilberforce, Ohio, is a regionally accredited 1890 Land-Grant University with a 136-year tradition of preparing students from diverse backgrounds and experiences for leadership, research, and service. The University, which has been named HBCU of the Year by HBCU Digest, fosters academic excellence within a nurturing environment and provides a strong liberal arts foundation and STEM-Ag curriculum leading to professional careers and advanced studies globally.

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