



PHYSICIANS  
IMPROVING HEALTH  
CHANGING LIVES

## FOR IMMEDIATE RELEASE

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### **SAN DIEGO DOCTORS RAISE MONEY TO HELP UNINSURED, LOW-INCOME PATIENTS**

*7<sup>th</sup> Annual Champions For Health Virtual Sunset 5k Run, Walk & Roll*

**SAN DIEGO, CA** — The 7<sup>th</sup> annual **Champions for Health** Virtual Sunset 5K presented by The Doctors Company is running into the sunset on August 22, 2020. Join with your pets, family, friends, and as you walk, run, bike, swim, or even treadmill and help raise money for [Project Access San Diego](#) - social distance rules apply.

“Due to the current pandemic, we have seen an increase in uninsured patients because of recent job losses in San Diego. Project Access helps thousands of residents and families with life-saving surgeries and specialty care for uninsured, low-income patients,” said Adama Dyoniziak, Executive Director for Champions for Health. “We hope to raise \$50,000 to help with the increased demand.”

The official event will be on Saturday, August 22, but once you register, you can complete the 5K anytime and anywhere. In past years, this event was held in Solana Beach, and in honor of the event, everyone is encouraged to do the 5K towards sunset. If you can make it to the beach, here are a few days this summer with low tide at sunset.

**Upcoming Low Tides at Sunset:** Friday July 24<sup>th</sup> @ 6:41pm, Friday, August 7<sup>th</sup> @ 6:09pm, Saturday, August 8 @ 7:02pm, Saturday, August 22 @ 6:32pm.

Everyone who registers at the \$40 level will receive an Official Champions for Health Sunset 5K t-shirt, which will be mailed directly to you. Additionally, the team that recruits the most members will receive a gift card for a pizza party!

We encourage all participants to use #CFH5K in social media posts to connect with other Champions for Health participants, raise funds for Project Access San Diego, and provide access to specialty care for the medically uninsured.

**To register for the 7<sup>th</sup> Annual Champions for Health Sunset 5K Run, Walk & Roll, and for information on sponsorship opportunities please visit <http://www.cf5k.org/>.**



### **About Champions for Health**

*Champions for Health was formed in 2004 by the San Diego County Medical Society to address the unmet healthcare needs of low-income and uninsured San Diego County residents. CFH focuses on access to care for all through community wellness, physician support, and physician engagement through volunteerism. CFH also facilitates free vaccination programs, health screenings, Live Well speakers bureau, and diabetes education.*

### **About Project Access San Diego**

*Since 2008, Project Access has facilitated nearly \$21 million in pro bono specialty care, procedures and surgeries in collaboration with a network of physicians, hospitals and clinics across San Diego County. These life-saving services have been provided to more than 6,500 uninsured, low-income patients who have been able to regain their health, return to work, care for their families, and remain productive members of their community*

For more information, please visit <https://championsforhealth.org/>, Facebook: @championsforhealthsd, Instagram: champions4health, Twitter: @ProjectAccessSD

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