**LOGO**

**FOR IMMEDIATE RELEASE**

Feb. 6, 2017 *[All dates should be written in AP Style.]*

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**Headline should use Down style, present tense and a large type size such as 24 point**

*If a subhead is needed, type it directly underneath in italics in a smaller type size such as 16 point*

FORT LAUDERDALE, Fla. — On Monday, Feb. 6, Sunshine State University (SSU) students gathered on Fort Lauderdale Beach to host Healthy Hearts, the university’s annual fundraiser benefitting the American Heart Association as part of American Heart Month in February. More than 700 people from the tri-county area attended the event. *[The city and state (if applicable) forming the dateline of a release should be written in AP Style.]*

The day-long event, which ran from 10 a.m. to 8 p.m., featured live music, beach yoga, cardio and strength-training exercises, meditation courses, cooking demonstrations and other heart-healthy activities. Day passes for the event cost $25 with all proceeds benefiting the Greater Fort Lauderdale affiliate of the American Heart Association. *[News releases use block paragraphs with no indentation. Paragraphs should be brief with no more than 2-3 sentences. Use single spacing between sentences and double spacing between paragraphs.]*

“I have heart disease in my family, so I’m proud and passionate to be part of an event dedicated to fighting the disease,” said Melissa Stokes, a freshman majoring in nursing at SSU.

*[A quote should stand alone in its own paragraph and support the paragraph directly before it.]*

SSU has been hosting its Healthy Hearts event on Fort Lauderdale Beach since 1987 as a way to support heart disease research and has donated more than $10 million to the American Heart Association over the course of the event’s 30-year run. This year’s event raised $200,000.

“Sunshine State University is proud to support the American Heart Association in its mission to fight heart disease and stroke,” said Charleston Stanton, Ph.D., president of SSU. “The funds raised by our Healthy Hearts event contribute to innovative research and education furthering that mission.”

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Although all SSU students are encouraged to participate in the event, undergraduate and graduate students from the university’s College of Health Sciences are responsible for organizing, programming and staffing the event.

“It’s a great experience learning how to plan, promote and execute an event, especially one that is dedicated to saving and improving lives,” said Gregory Harper, a senior majoring in biology at SSU.

For more information about Sunshine State University’s Healthy Hearts event, visit [www.SSUHealthyHearts.com](http://www.SSUHealthyHearts.com)

*[The last line of the release should always direct readers to where they can find more information by listing a phone number, email address, URL, social media handle, etc.]*

**About Sunshine State University (SSU)** *[Include the organization’s boilerplate]*

Located in Fort Lauderdale, Florida, Sunshine State University (SSU) is a dynamic, research-driven institution dedicated to providing quality educational programs across a wide range of fields, including law, medicine, business, oceanography, psychology, education, arts, humanities and social sciences. Founded in 1960 and named in homage to the sunshine state, SSU celebrates the state of Florida while preparing its students to live, work and interact in a global society.

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