

Weinbaum Yeshiva parent plans shoe drive

By RANDALL P. LIEBERMAN
STAFF WRITER

In observance of February as National Heart Month, Hollywood cardiologist Dr. Adam Splaver has launched the "Heart & Sole" project.

Splaver's cardiology practice, NanoHealth Associates, will spearhead the collection of donated new and worn shoes throughout the month to benefit Shoes for the Cure — a professional recycling company that specializes in collecting used footwear for recycling, and new footwear for donation.

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Hollywood cardiologist Dr. Adam Splaver, a parent of three students at Weinbaum Yeshiva High School, surrounded by early donations to this month's "Heart & Sole" shoe drive he is organizing. Submitted photo

SHOES

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As a physician who believes the heart is the epicenter of overall health, Splaver and his staff encourage area residents and businesses to donate athletic shoes in order to promote heart-healthy exercises and activities among area youth.

"I believe in being proactive, preventing disease whenever I can rather than just treating it reactively," Splaver said. "My prescription for health is a collaborative effort — educating people about diet, exercise and environmental factors in conjunction with the best practices of traditional and complementary medicine to re-

duce risk factors and promote healthier patients."

Splaver partnered with Shoes for the Cure because its philosophy was so consistent with his goals, and its tagline — "Have a soul, give a sole, save a sole" — really resonated with him.

With a focus on improving health and benefiting the environment, NanoHealth Associates' "Heart & Sole" campaign quickly attracted two partner organizations: Youfit Health Club Hollywood, where Splaver regularly works out, and Weinbaum Yeshiva High School in Boca Raton, which embraces a legacy of community outreach and where Splaver's three

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children go to school.

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NanoHealth Associates is located at 3700 Washington St., Suite 400 in Hollywood; Youfit Health Clubs' Hollywood address is 3120

Oakwood Blvd; and Weinbaum Yeshiva High School is located at 7902 Montoya Circle in Boca Raton.

When the collection ends on March 1, a check also will be mailed to the American Heart Association based on the number of shoes collected.

Splaver noted: "I'm thrilled to have the support of Youfit Health Clubs and Weinbaum Ye-

shiva High so, together, we can spread word about the importance of good heart health in our daily lives, and support a worthwhile organization."

At Weinbaum Yeshiva High School (WYHS), students in the Chesed and Tzedakah Club are already hard at work at making the shoe drive a success.

Club advisor Lysee Stein, WYHS assistant to the principal, said: "We always like to do community projects, but it is especially important to support a project run by a member of our parent body."

The three student leaders of the club are Simcha Chern, 16, a junior from North Miami Beach; Yael Attias, 16, a

junior from Bal Harbour; and Francine Szerer, 18, a senior from Hollywood.

Chern said: "Students tend to have a lot of shoes. Getting rid of some of them to benefit the community is a good idea."

Added Attias: "Shoes are something we are privileged to have and it is important to give back to those not privileged to have them."

Said Szerer: "This is a great project. A shoe drive is different and we'll try to get as many kids at school involved as we can."

For more information about the project, call Splaver's office at 954-980-0361.