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ProMedica Fostoria Community Hospital and Geary Family YMCA Offer Free Community Walking Program

WHAT:

ProMedica Fostoria Community Hospital and The Geary Family YMCA are teaming up to offer Trail Trekkers, a free community walking program. Walkers are invited to walk the Lakeview Walking Trails (Reservoirs 2 and 3) every Wednesday from April 5 through September 27, 2023, from 7 – 9 a.m. and 5:30 – 7:30 p.m.

Walking is easy, safe and inexpensive. It is aerobic, it burns calories and is an ideal fat-burning activity. It conditions the heart, improves muscle tone and strength, relieves stress, and can help with back pain, osteoporosis, respiratory problems, diabetes, arthritis, cardiac rehabilitation and a variety of other health problems.

Trail Trekkers will feature monthly raffle prizes and a grand prize at the end of the six month program.

For more information about the Fostoria Trail Trekkers, call Kim Rickle, family/community coordinator, Geary Family YMCA, at 419-435-6608 or Becky Bouillon, community outreach coordinator, ProMedica Fostoria Community Hospital, at 419-436-6688.

WHEN:

Every Wed., April 5 – Sept. 27
7 – 9 a.m. & 5:30 – 7:30 p.m.

WHERE:

Lakeview Walking Trails
Reservoirs 2 and 3
Fostoria, Ohio

ProMedica Fostoria Community Hospital is a member of ProMedica, a mission-based, not-for-profit integrated healthcare organization headquartered in Toledo, Ohio.

ProMedica serves communities in 28 states. The organization offers acute and ambulatory care, an insurance company with a dental plan, and post-acute and academic business lines. The organization has more than 56,000 employees, 13 hospitals, 2,100+ physicians and advanced practice providers with privileges, 900+ healthcare providers employed by ProMedica Physicians, a health plan, and nearly 400 assisted living facilities, skilled nursing and rehabilitation centers, memory care communities, outpatient rehabilitation clinics, and hospice and home health care agencies. Driven by its Mission to improve your health and well-being, ProMedica has been nationally recognized for its advocacy programs and efforts to address social determinants of health. For more information about ProMedica, please visit www.promedica.org/aboutus.

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