

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

*Participants are required to practice social distancing throughout walk*

**WHAT:**

ProMedica Fostoria Community Hospital and The Geary Family YMCA are teaming up to offer Trail Trekkers, a free community walking program. Walkers will meet every Wednesday, June 3 through October 28, from 7 – 9 a.m. and 5:30 – 7:30 p.m., at Lakeview Walking Trails. Participants are required to practice appropriate social distancing throughout their walk.

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 incentive prizes for participation, including a grand prize of a 3 month membership to the YMCA.

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

**WHEN:**

Wednesdays, June 3-October 28, 2020

7 – 9 a.m.

5:30 – 7:30 p.m.

**WHERE:**

Lakeview Walking Trails

Reservoirs 2 and 3

Fostoria, Ohio