

Even small steps can make a **BIG DIFFERENCE**

The healthiest habits start with one simple step. Get started on your journey to living Healthy For Good with the Healthy Steps Walking Program. Get active and get answers to your fitness and cardiovascular questions.



HEALTHY GIVEAWAY ITEMS WILL BE INCLUDED TO HELP YOU TAKE THE FIRST STEPS

WEDNESDAY
6/13 (THURS.) • 6/19
7/10 • 7/24
11 a.m.
Pearson Park
Walking trail

TUESDAY
6/18 • 7/9 • 7/23
5 p.m. *Note time change
Thiel College Track
Across from the college

TUESDAY
6/11 • 6/25 • 7/16 • 7/23
6 p.m.
Buhl Park
Fitness trail

- No registration required
- Wear comfortable, sturdy shoes. All fitness levels welcome.
- Meet at Sharon Regional Medical Center's event table.
- Enjoy the giveaways!
- In case of inclement weather, the walk will be cancelled.

Pearson Park exercise trail is a dirt track—potential mud depending on weather. Dress accordingly.

**Call 724-983-7324
for more information.**

**Sharon Regional
Medical Center**

A STEWARD FAMILY HOSPITAL



Healthy For Good™