

# Even Small Steps



Healthy For Good™

Locally Sponsored by

**Sharon Regional  
Medical Center**  
A STEWARD FAMILY HOSPITAL



## Can Make a Big Difference

The healthiest habits can 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.*

### Healthy Steps Walking Program

#### Buhl Park Fitness Trail

4:30 p.m.

June 14

July 12

August 9

September 13

