


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.



Join Our Healthy Steps Walking Program

3 Convenient Locations:
Hermitage, Greenville, New Castle

Get fit. Get your health care questions answered!

Each month provides a different health topic with experts to answer questions while you walk!

Call [724-983-7324](tel:724-983-7324) for more information.

Healthy giveaway items will be included to help you take your first steps.

No registration required.



American Heart Association.

Healthy for Good™

**Sharon Regional
Medical Center**

A STEWARD FAMILY HOSPITAL



Steward