


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.

Join us! Get fit. Get your health care questions answered!

Kickoff - April 3rd - 6:00 p.m.

Thiel College - Track
Greenville, PA

Kickoff - April 3rd -11:00 a.m.

Pearson Park - Exercise Trail
Neshannock Township, PA

Kickoff - April 3rd - 6:00 p.m.

Buhl Park - Fitness Trail
Hermitage, PA

April 16th - 6:00 p.m.

Thiel College - Track
Greenville, PA

April 17th -11:00 a.m.

Pearson Park - Exercise Trail
Neshannock Township, PA

April 9th - 6:00 p.m.

Buhl Park - Fitness Trail
Hermitage, PA

Call 724-983-7324 for more information.

- 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.**

April 23rd - 6:00 p.m.

Buhl Park - Fitness Trail
Hermitage, PA

Locally Sponsored by

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



American Heart Association®

Healthy for Good™