

# Walk This Way...



## **Baptist Health InStep Mall Walkers Program at McCain Mall**

### **2011 Schedule**

Join us on the Second Level (near JC Penny)

7:30 - 9:30 a.m.

**Free blood pressure & blood sugar screenings!**

provided by Baptist Health Community Outreach

January 7

June 3

November 4

February 4

July 1

December 2

April 1

August 5

May 6

October 7

**Total Cholesterol, Height, Weight, Body Mass Index**

March 4

September 2

To join Baptist Health Mallwalkers Program, or for more information, call Baptist Health HealthLine at B-A-P-T-I-S-T (227-8478). Or visit our website at [www.baptist-health.com](http://www.baptist-health.com).



## **Baptist Health**

**MALLWALKERS PROGRAM**