



Small Steps to Healthy Living Join Our Healthy Henry County Walking Club

Beginning March 7, Henry County Medical Center will be offering a FREE Walking Club to get in shape for summer.

Every Wednesday at 12 Noon, the Healthy Henry County Walking Club will meet with staff in the HCMC Front Lobby for a 20 minute walk, rain or shine.

Participants who sign up for the walking club will receive a free pedometer and the opportunity to win great prizes like cups, mugs, gift cards, exercise equipment, and t-shirts based on points earned.

Initial sign ups will be March 7, but participants can join the program at any time.

Join us each Wednesday and start walking for a healthier you!

For more information,
call our Find Line at
731-644-3463 or go to our
website at www.hcmc-tn.org.

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