

“Step It Up”

10-Week Walking Program



Sign-Ups: Monday August 1, 2016-Friday August 5, 2016

Location: SNHS Diabetes Unit in Cattaraugus & Allegany

Program will begin Monday August 8th and end Sunday October 16th

Join the program to increase your daily steps for better health!

Submission of logs will grant you incentives!

All physical activity levels welcome!

Free Program!!!

If you have questions, please contact Donna Ferguson at 945-5894 ext. 3247

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