HEART HEALTH
WALKING CHALLENGE

Support heart health awareness with Sanford Health.

In honor of heart month, join us for a 30-day walking challenge to support better heart health. Pick up a walkabout calendar at the Sanford Canby Wellness Center and take your first steps towards healthier living. Get your steps in at the Wellness Center or anywhere!

Bring your completed walkabout calendar to the Wellness Center by noon on Wednesday, March 4 to receive a gift and be entered into a drawing for completing the challenge.

To learn more about the 30-day walking challenge, call (507) 223-7277, ext. 132.