



GreeneWalks

Isn't it time you started walking?

The Rural Health Network's Healthy Weight Initiative invites you and your family to participate in a fun and easy way to improve and protect your health. The *GreeneWalks* program is a **FREE**, eight-week community walking program. Start with only 10 minutes a day, then 20 minutes, then 30 minutes a day to create a lifelong habit which can help prevent obesity and other chronic diseases.

Walking logs and other giveaways will be distributed to participants and we will distribute *FREE* pedometers to the first 100 participants.

To register for this **free** program, please call (518) 943-5072, email Scheriff1@fairpoint.net, or log onto www.greenehealthnetwork.com to download a walking log and learn more about this and other Healthy Weight Initiative programs! *GreeneWalks is scheduled to end on October 31, 2009

