



Valley Health  
**Heart  
Walk**

Join Valley Health's Heart & Vascular and Wellness Services teams on The Trails at the Museum of the Shenandoah Valley to take steps toward a heart-healthy lifestyle! Celebrate National Trails Day with a morning of fun activities. Enjoy a walk on the trails while learning about cardiovascular disease and reducing your risks. This event is free and open to all.

**Saturday, June 4 • 8:30 – 11 A.M.**

Museum of the Shenandoah Valley • 901 Amherst St., Winchester, VA

- Warm-up stretches with our team
- Opportunity to walk with a doctor
- Blood pressure checks
- Healthy diet and nutrition education
- Kids' area

**For more information, call 540-536-3477**

 **ValleyHealth**  
Heart & Vascular