



ARMY PUBLIC HEALTH NURSING

HEALTH PROMOTION



**Free
Pedometer**
*given with class
participation*

WALK TO WINN CLASS

A 60-minute class to help you develop your own walking program. The class is open to:

- Military Retirees
- Military beneficiaries (family members)
- DoD/DA civilians



> **Call 435-5071 to sign-up for the class!**

WINN ARMY COMMUNITY HOSPITAL