



COMMIT TO BE FIT

**Oro Valley Hospital invites you to Commit To Be Fit.
Join us for a series of free health and fitness lectures.**

THURSDAY, MARCH 4

Feet First... Care for Your Feet, Walk for Your Health

Walking is the most popular exercise in the United States because it is gentle on the body and good for people of all ages and fitness levels. However, in a recent survey by the American Podiatric Medical Association, 53% of respondents reported foot pain so severe that it hampered their daily function. Join John Corbett, All About Running and Walking, to learn how you can take better care of your feet so they can carry you toward better health and an improved quality of life.

Speaker: John Corbett, Board Certified Podiatrist,
Co-Owner, All About Running and Walking

TIME 7 p.m.
LOCATION Oro Valley Hospital, 1551 East Tangerine Road
Classrooms A & B

Space is limited. RSVP to 866-NW4WELL (866-694-9355)
or register online at orovalleyhospital.com and click on the "Community Education" tab.



ORO VALLEY HOSPITAL

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