



# Fairfield Medical Center

## NEWS RELEASE

FOR IMMEDIATE RELEASE  
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### **SUBJECT: STEP OUT FOR YOUR HEALTH**

Fairfield Medical Center has partnered with several local businesses to provide a new and improved Step Out For Your Health Program. There are several benefits to this program, for instance we will issue you a membership card that allows you to walk the indoor track at the Robert K. Fox Family Y - Fairfield Medical Center Wellness Center - for free! As an added benefit, your membership also entitles you to quarterly newsletters and healthful information. Track your own activities by completing a tracking form and then turn it in to one of our sponsors and be included in a monthly prize drawing. It's very easy to become a member, no fees are attached. Just pick up a registration form in the Marketing Department at Fairfield Medical Center, or call Tammy Baker at 689-6636.

You can also join us for a walk around downtown Lancaster, every Wednesday, beginning April 4th. We will meet at the Fairfield County District Library, 3rd floor, at 11:30 am and 12:00 pm. You can bring a lunch and eat it before or after you walk, tables and chairs will be provided. In case of inclement weather, we will still meet for videos and health talks. Tracking forms and information available at any of the following sponsors: Fairfield County District Library, Fairfield Center for Health and Healing, Fairfield Medical Center Lobby, New Energy Fitness Center, Robert K. Fox Family Y, Fairfield Medical Center Wellness Center, Olivedale Senior Center, River Valley Mall Guest Services Desk, Walker's Shoe Center, MAH Graphics, Tiki Lanes, Health in Hand Health Food Store, Amanda Hills Pure Spring Water, American Cancer Society, Fairfield County Department of Health, and WCFO 90.9 fm Lancaster.