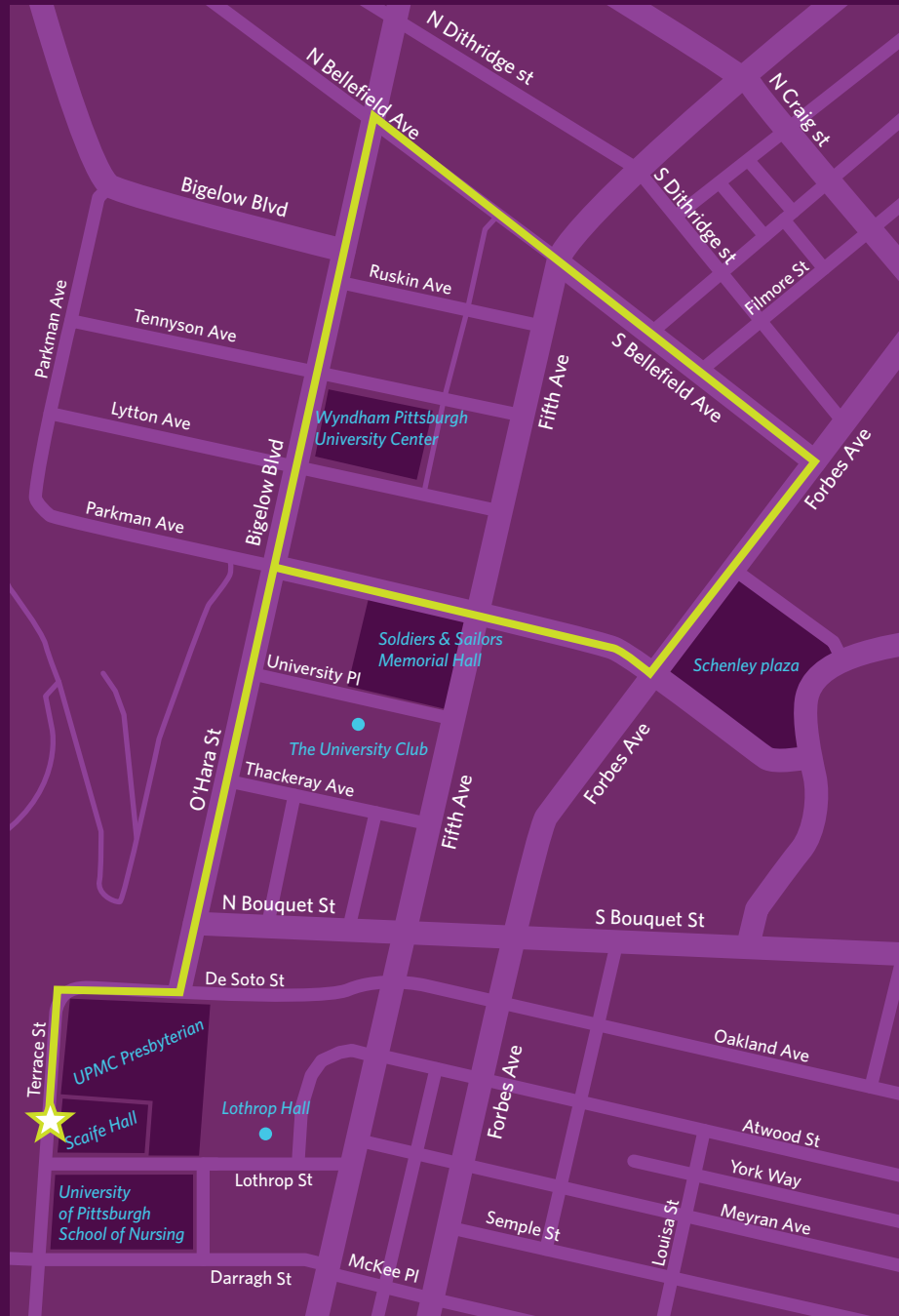


# Walk with COACH Program

## Approx. 1-mile course



The Walk with COACH Program is open to people of all ages and fitness levels. While walking is safe for most people, it's always best to talk to your doctor before beginning any new exercise program.

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