

SARATOGA MOVES



Did you know that walking can lower cholesterol, burn calories, reduce blood pressure, control blood sugar, and improve respiratory function?

Join us for **Saratoga Moves!** Each month, a Saratoga Hospital Doctor or Care Provider will join us for a group activity in Saratoga SPA State Park. We will walk, hike, jog, or bike as a team- no experience needed!

Saratoga Hospital would like to thank the Saratoga Springs Lion's Club for sponsoring the Saratoga Moves program and encouraging healthy lifestyles.

UPCOMING EVENTS: Saturday, June 25, 8:30am
 Saturday, July 23, 8:30am
 Saturday, August 27, 8:30am
 Saturday, September 24, 8:30am

WHERE: Saratoga SPA State Park, 19 Roosevelt Drive, Warming Hut

**Anyone can join! To register, visit
www.saratogahospital.org/classes**



SARATOGA HOSPITAL

people you trust. care you deserve.

www.saratogahospital.org