

# Steps to a Healthier You!

What is WalkWorks? WalkWorks is a program to increase opportunities for physical activity through a network of fun, fact-filled and community-based walking routes led by a group leader. Walking groups have been created through a partnership of the PA Department of Health with the University of Pittsburgh Graduate School of Public Health and the Indiana County Office of Planning & Development.

## Indiana County WalkWorks Group Walks

### Blairsville

Monday/Wednesday/Friday 6pm

Tuesday 9am

S&T Bank on Market Street

### Ernest

Monday 4:45pm

McMillan Park

### Glen Campbell

Thursday 12Noon

First Baptist Church of Glen  
Campbell

### Homer City

Wednesday 6pm

Homer-Center Elementary  
School

### Indiana Borough

Wednesday 6pm

IRMC Park on 7th Street

*New Group Begins April 19*

Wednesday 9am

1001 Oak Street

### Indiana Regional

### Medical Center

*Group begins March 2*

Tuesday and Thursday at  
11:30am and 12:30pm

IRMC Healing Garden behind  
the Medical Arts Building

### White Township

### Recreation Complex

Thursday 12:15pm

White Township Recreation  
Complex lower parking lot  
(by the basketball courts)



**pennsylvania**  
DEPARTMENT OF HEALTH

Please visit the following webpages for  
more information: [www.pawalkworks.com](http://www.pawalkworks.com)  
or <http://icopd.org/indiana-county-walkworks-program.html>