

Mid-Tennessee Bone & Joint Clinic **STEP IT UP** Walking Program

We're
committed to
getting you
back to the
lifestyle you
deserve.

We encourage everyone,
any age, to enjoy the
great health benefits
of joining this **FREE**
six week Step It Up
Walking Program!



STEP IT UP
Walking Program
FOR ALL AGES!

Starting Tuesday, May 2nd
and running for six weeks
through Thursday, June 8th

The Walking Program runs
6:30 to 7:30 am each week
on Tuesdays & Thursdays at
the Columbia State
Community College Track.

Open to everyone and is
FREE of charge. All
participants will receive
a **FREE** pedometer to
track their steps.

FREE
Pedometer
To All Participants!

Tues & Thurs 6:30-7:30am
May 2nd thru June 8th

To join, stop by the
MTBJ Physical
Therapy Clinic or
call **931-560-1400**
to sign up. You can
also visit us online at
www.MTBJPT.com

Mid-Tennessee
Bone & Joint Clinic

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