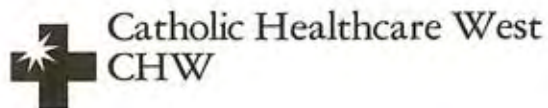


## Your Program Sponsor

The Community Wellness Program is sponsored by Mercy and Memorial Hospitals. Each month the program provides preventative health education classes and screenings for blood pressure, cholesterol and blood sugar to participants in the East Hills Mall Walking Program. The Community Wellness Program provides this service at no cost to the participants as part of our mission of creating a healthier community through early detection and health education.

## Mercy & Memorial HOSPITALS



  
**EAST HILLS  
MALL**  
Hwy 178 and Oswell  
(661) 872-2000

# Walk the Mall for Fitness and Fun



## Welcome to East Hills Mall

Whether you are looking for a rigorous daily exercise or a casual stroll with friends, East Hills Mall offers a safe, attractive, and controlled environment for walking. The mall's service corridor (see adjoining map) is open on weekdays from 7:00am until 9:00pm, Saturdays from 7:00am to 7:00pm, and on Sundays from 7:00am to 6:00pm.

## Logging Your Miles

When you enroll in our free program, you should select personal mileage goals to encourage consistent walking. Each time you walk at East Hills Mall, you should log your miles on a monthly mileage sheet to keep track of your progress en route to your goal. Monthly mileage log sheets are available at Customer Service for your convenience as you track miles.

## Monthly Meetings

Mallwalkers are welcome to attend monthly meetings featuring educational speakers. The meetings will be held on the first Thursday of each month (unless notified of an alternative date) beginning at 8:30am at East Hills Mall. Monthly speakers will address a variety of health, wellness and fitness topics. The Community Wellness Program provides screenings for blood pressure, cholesterol and blood sugar to participants.

