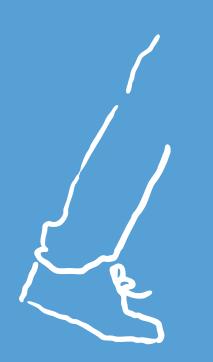
TODAY TILL TAKE A WALK.





Simple steps add up. Start on your Journey to Health today.

Did you know brisk walking can reduce heart attack risk by the same amount as jogging? Walking also increases bone strength and improves circulation.

Healthy Eating • Exercise • Screenings • Classes • Support TO LEARN MORE VISIT www.wcgh.org/GetStarted



wcgh.org 118 Northport Ave | Belfast, Maine 04915 207-338-2500 | 1-800-649-2536

A Department of Waldo County General Hospital

11-114_J2H_posters_FNL.indd 1 4/4/12 3:57:42 PM

TODAY TIL SCHEDULE MY ANNUAL CHECK-Up.



Simple steps add up.

Start on your Journey to Health today.

Need help finding a doctor? Call our physician referral line: 207-930-6766.

Healthy Eating • Exercise • Screenings • Classes • Support TO LEARN MORE VISIT www.wcgh.org/GetStarted



wcgh.org 118 Northport Ave | Belfast, Maine 04915 207-338-2500 | 1-800-649-2536

A Department of Waldo County General Hospital

11-114_J2H_posters_FNL.indd 2 4/4/12 3:57:43 PM

TODAY T'LL MAKE MY COLONOSCOPY APPOINTMENT.

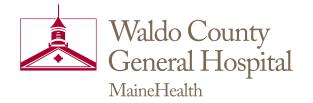


Simple steps add up.

Start on your Journey to Health today.

Did you know that 9 out of 10 colorectal cancer deaths are preventable with a test? Make time for your screening.

Healthy Eating • Exercise • Screenings • Classes • Support TO LEARN MORE VISIT www.wcgh.org/GetStarted



wcgh.org 118 Northport Ave | Belfast, Maine 04915 207-338-2500 | 1-800-649-2536

A Department of Waldo County General Hospital

11-114_J2H_posters_FNL.indd 3 4/4/12 3:57:43 PM