

TODAY
I'LL 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



Waldo County
General Hospital
MaineHealth

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

A Department of Waldo County General Hospital

TODAY
I'LL SCHEDULE
My ANNUAL CHECK-UP.



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Start on your Journey to Health today.

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

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TODAY I'LL MAKE MY COLONOSCOPY APPOINTMENT.



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

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