



# CELEBRATE Sisterhood®

with  Cleveland Clinic

# Join the Sole Steppers!

A Program of Cleveland Clinic Celebrate Sisterhood in Collaboration with Cleveland Clinic South Pointe Hospital

## FREE Kickoff Event

**SATURDAY, AUGUST 18, 2018**

**START TIME:** 8 a.m.

**WHERE:** South Pointe Hospital  
Building B, Main Entrance  
2000 Harvard Road, Building B  
Warrensville Heights, OH 44122

## KICKOFF SCHEDULE

- 8 – 8:45 a.m.** Light breakfast, vendor exhibits, FREE health screenings
- 8:45 – 9:30 a.m.** Hear from our team and feel the energy!
- 9:30- 10:30 a.m.** Walk Begins, Rain or Shine (In the event of rain, for the kickoff ONLY, we will use the indoor facilities at South Pointe Hospital)

**REGISTER NOW FOR THE KICKOFF AT** [clevelandclinic.org/solesteppersregistration](http://clevelandclinic.org/solesteppersregistration)



## Sole Steppers Regular Program

- Meet weekly:** On Saturdays and Wednesdays for a FREE walking experience in the Warrensville Heights Community
- Start Location:** South Pointe Hospital  
2000 Harvard Road, Building B, Main Entrance
- When:** (after the inaugural kickoff)  
Saturdays, 9-10:00 a.m.  
Wednesdays, 6-7 p.m.  
(starting Wednesday, August 22, 2018)

## What's In It For You?

- Make new friends
- Enjoy camaraderie
- Reap the benefits of walking, which are many:

### Did You Know That Walking...

1. Lowers the risk of heart disease
2. Decreases risk of other diseases like diabetes, hypertension and some forms of cancer
3. Improves mood, memory and decreases anxiety and depression
4. Promotes and sustains weight loss (when combined with a healthy diet)
5. Easier on joints than jogging
6. Being in nature and fresh air helps clear your lungs and improve mental clarity
7. Become more creative



## More About Walking With Sole Steppers:

- All fitness levels and ages are encouraged to participate.
- We will begin walking from Cleveland Clinic South Pointe Hospital and make our way through the family-friendly Warrensville Heights community.
- We welcome you to join us when your schedule permits on Saturdays or Wednesdays—rain or shine.
- Just get out your walking shoes and begin to walk with like-minded individuals. Bring a friend!

## What to Bring/Wear/Do:

- Comfortable walking shoes
- A pedometer if you have one
- Nutritious snack and water (Promise not to litter!)
- A walking stick if desired
- Bring a “can do” attitude
- Be ready to make new friends!



Go to our Sole Steppers website, [clevelandclinic.org/solesteppers](http://clevelandclinic.org/solesteppers), to check dates and alternative locations when the weather is not good.

Our alternative location when the weather is poor will be:

Warrensville Recreation Center  
(attached to the Warrensville High School)  
4279 Northfield Road  
Warrensville Heights, Ohio 44128

**Questions? Call 216.408.6389**