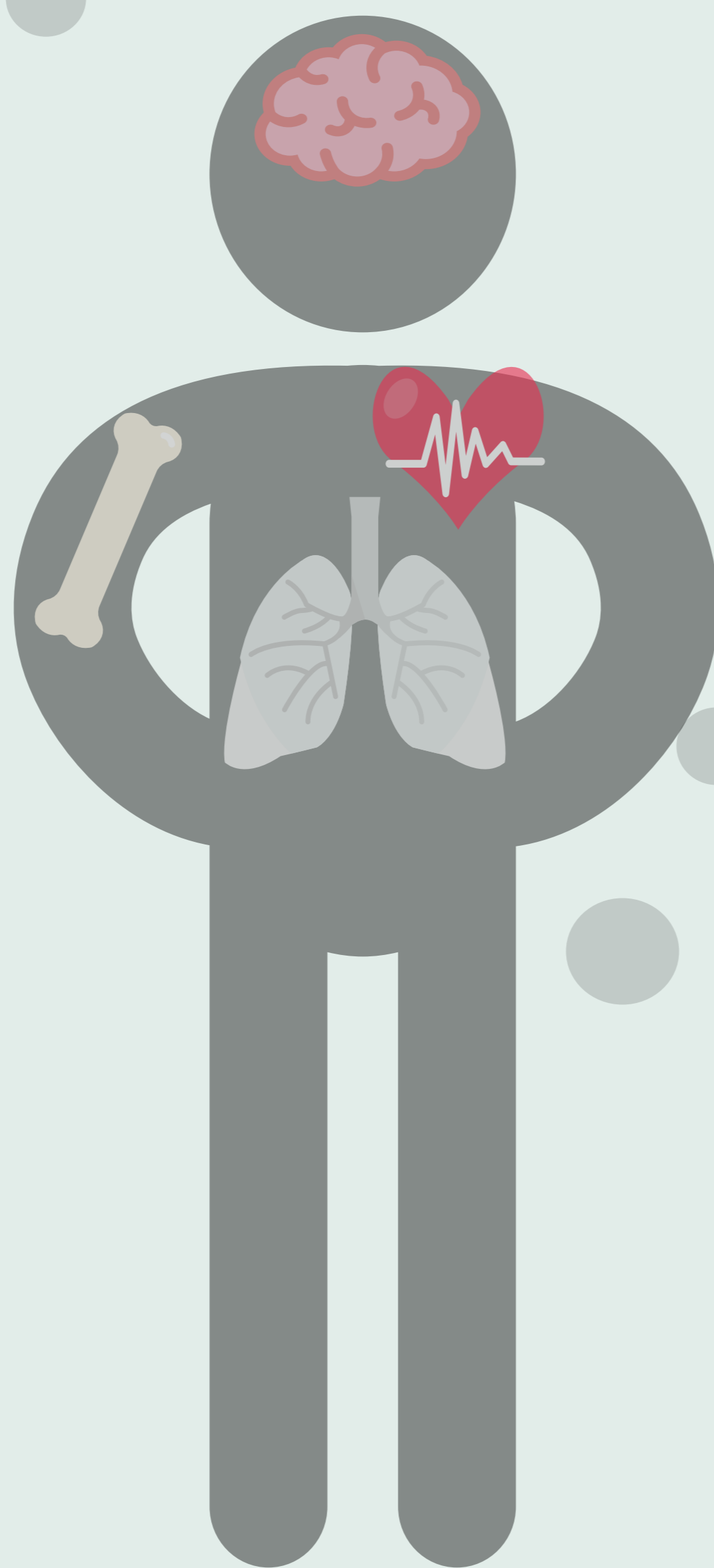


## 1 Exercise

**Walking** is one of the single-most important things we can do for our health. It's good for the heart, brain, bones, lungs, muscles, and even helps prevent disease.



## 2 Health Education

Our docs will give you tips on maintaining a **healthy lifestyle** and you can also ask them health-related questions while you walk.



## 3 Social Connection

Research suggests that **connectedness** with others can improve your quality of life, boost your mood, and decrease depression.



## 4 Nature

Spending time **outdoors** can be extremely beneficial for both your physical and mental health.

