



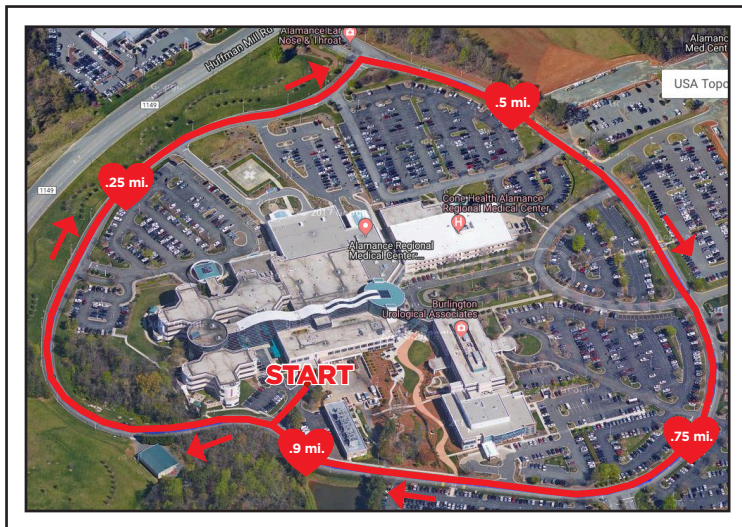
walks



Your path to a healthy heart starts here.

ALAMANCE REGIONAL MEDICAL CENTER

# Heart Smart Trail



One lap equals approximately  
.9 miles.