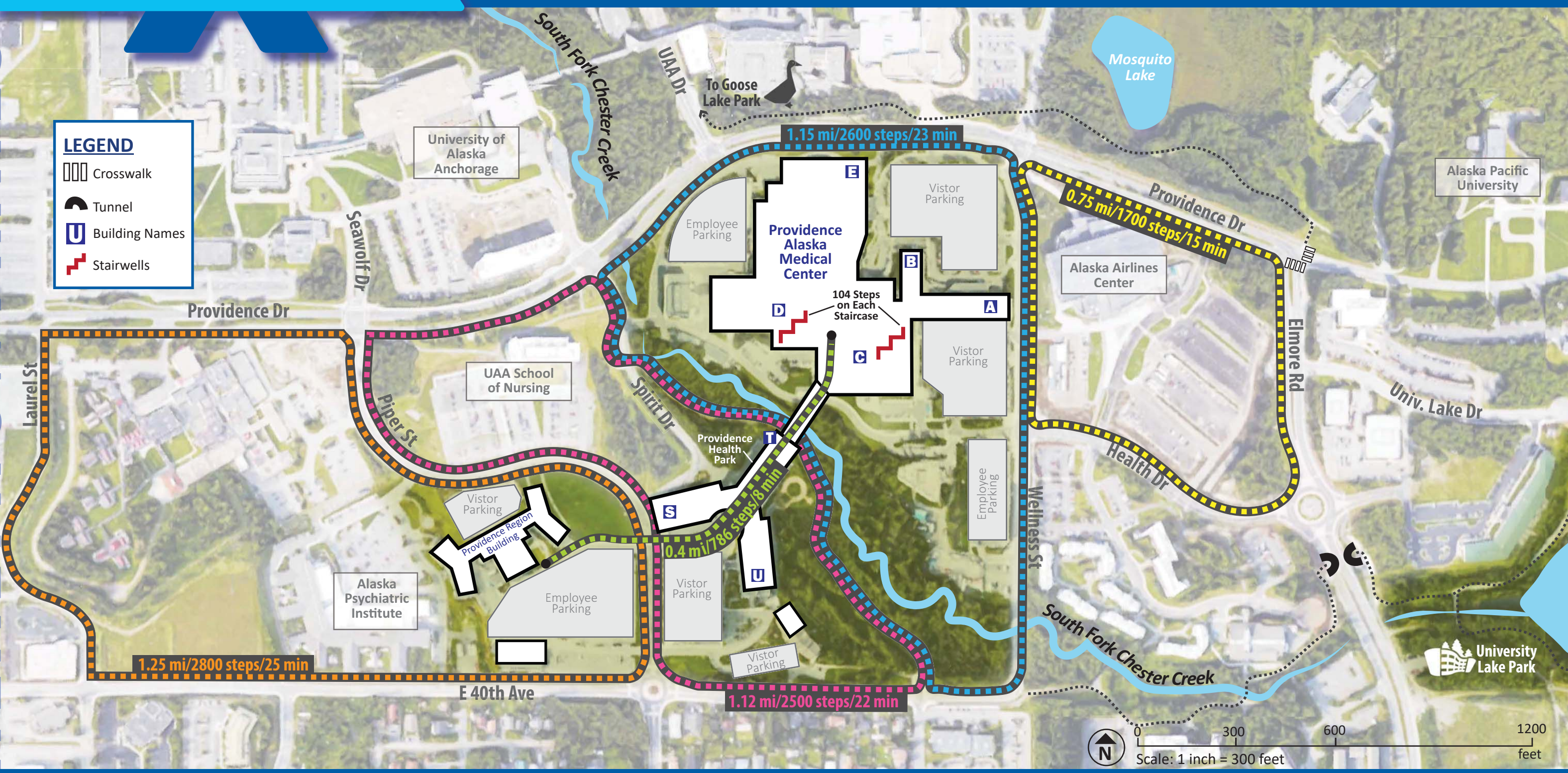


A Health on Trails Map for PROVIDENCE ALASKA MEDICAL CENTER

ANCHORAGE TRAILS

HEALTH ON TRAILS



Health on Trails Outdoor Resource Guides connect people to parks and trails to promote workplace wellbeing and healthy lifestyles. Walking offers many health benefits including:

- ✓ Improves Heart Health
- ✓ Lowers Stress Levels
- ✓ Decreases Diabetes Risk
- ✓ Boosts Immune System

