



Healthy Strides

Come walk with us.

Beachwood Family Health Center Healthy Strides

Healthy Strides combines a casual 1-3 mile walk, preceded by a brief informative talk by Cleveland Clinic Physicians and Caregivers. Topics change each week based on leader's specialty and suggestion from participants.

All members of the community are welcome.

Free to attend. No registration required.

Every Saturday

8:30 a.m.

Beachwood Place Mall

26300 Cedar Road
Beachwood, OH
(Meet inside the Food Court Entrance)

**For more information or
questions, call 216.312.5640.**