



A MOVING SOLE IS A HEALTHY SOUL

Get started on a free fitness program that is fun and healthy!

KICKOFF THURSDAY, FEBRUARY 18

Center Court • Natchez Mall 5:00 PM - 6:30 PM

Our Commitment to Your Health and Wellness

It is only fitting that Natchez Regional Medical Center launch a community-wide wellness program of this magnitude as we mark our 50th year of service and commitment to the community. We at Natchez Regional are extremely proud to partner with Alcorn Family Clinic to bring *Soles in Motion* to you. This program is designed to help individuals learn to manage their health more effectively in order to improve day-to-day functioning and quality of life. To help you be your best self, we have put together programs, events, seminars and screenings designed to give you the knowledge and tools you need to take control of your health. **Now, let's get moving!**

For more information, call 601-443-2534

