

What:

Walking Club

When:

Time:

10am-12pm

Date:

May 16 & 23, 2018

Where:

Patchogue Family YMCA

255 West Main Street
Patchogue, NY 11772

BMHMC Heart Healthy Walking Club



Led for you by: BMHMC & YMCA of Patchogue

Come and join us at the Patchogue Family YMCA where you can walk the indoor track with us from 10am-12pm each month. Check in with our clinical staff for a free blood pressure reading and to receive your educational handouts. This event is free of charge and is open to all members of the community, including non YMCA members. We look forward to walking with YOU!

Connect with us:

Call 654-7240 or email

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