

Stepping Out (Free Virtual and On-Site Classes) July 2024

This Program is provided through a grant from the Mercy Health Foundation of Mahoning Valley



Mondays	Start Time	Instructor	Location
Christ Centered Yoga	8:30 AM	Bethanie Meredith	https://us06web.zoom.us/j/87141117511
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCCzBzOXl0QT09
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Terri Dean	Niles Wellness Center
YMCA Davis Screenings 7/29 Only	10:00 AM	Nakiya Salter	YMCA Davis in Boardman-Free Screenings: Blood Pressure, Blood Glucose and more
Walking to a healthier YOU	10:30 AM	Nakiya Salter	Wick Park (Questions about walking call Nakiya 330-314-2021)
Yoga	11:00 AM	Carolyn Spires	Yellow Brick Place
Chair Aerobics 7/15 and 7/17 Only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Walk with The Doc 7/29 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA Topic: "Alzheimer's"
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
Chair Yoga	1:00 PM	Doris Bullock	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Balance Class 7/1 and 7/15 only	2:30 PM	Nakiya Salter	Villa Maria
Old School Fitness Walking	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Beginner Line Dance	3:00 PM	Lynn McElory	Associate Neighborhood Centre
Country Line Dance	4:30 PM	Shelia Cornell	Fitness 330
Zu-Bata	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Hatha Yoga	5:00 PM	Michelle Best	CLWCC (Lowellville, OH)
Let's Just Dance	5:00 PM	Carol Williams	Eugenia Atkinson Recreation Center
Zumba	5:00 PM	Tamara Cooper	Grace AME
Zu-Bata	5:45 PM	Kelley Frazier	Greater Mill Creek Community Center
Chair & More	6:00PM	Ava Lilley-Degross	Grace AME
Yoga For All	6:00 PM	Marioga LLC	TriYOUity
Hip Hop	6:00 PM	Doreen Block	Associate Neighborhood Centre
Adv Urban Ballroom Dancing	6:30 PM	Jim Locker	Greater Mill Creek Community Center
Line Dance	7:00 PM	Kissa Graham	Grace AME
Tuesdays	Start Time	Instructor	Location
Chair Volleyball	9:30 AM	Toscha Gentry	Jewish Community Center of Youngstown
Fitness Walking 7/9 Only	10:30 AM	Doris Bullock	WoodWorth Park
Chair Aerobics 7/9 Only	10:45 AM	Nakiya Salter	WoodWorth Park
Chair Aerobics	11:30 AM	Sonja Lynn	St. Angela Merici
Chair Aerobics	11:45 AM	Toscha Gentry	Austintown Senior Center
Chair Volleyball	1:00 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Walking for a healthier YOU	2:00 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-314-2021
Dance/Aerobics	3:00 PM	Mari Basile	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Line Dancing	3:00 PM	Selina Cotton	OCCHA
Yogalates (Yoga & Pilates)	4:30 PM	Colleen Dunn	https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnlNTXdlUczVUMUwzZz09
Yoga	5:00 PM	Michelle Best	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Let's Just Dance	5:00 PM	Carol Williams	OCCHA
Urban Ballroom Dancing	5:00 PM	Jim Locker	Greater Mill Creek Community Center
Keeping it Real Kickboxing	5:30 PM	Ava Lilley-Degross	Warren SCOPE Center
It Feels Good Urban Line Dance	6:00 PM	Kissa Graham	Niles Wellness Center
Zumba	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Wednesdays	Start Time	Instructor	Location
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCCzBzOXl0QT09
Chair Aerobics	10:00 AM	Terri Dean	Niles Wellness Center
Walking for a healthier YOU	10:30 AM	Nakiya Salter	Wick Park (Questions about walking call Nakiya 330-314-2021)
Chair Aerobics 7/17 only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Walk the Valley	12:00 PM	Various	Downtown Youngstown
Chair Volleyball	1:00 PM	Toscha Gentry	Hubbard Scope
Chair Aerobics	1:30 PM	Nakiya Salter	Villa Maria
Bold Beginners Line Dance	3:00 PM	Lynn McElory	Greater Mill Creek Community Center
Urban Ballroom Dancing	4:30 PM	Jim Locker	CLWCC (Lowellville, OH)
Hustle & Glow	5:00 PM	Candys Mayo	Greater Mill Creek Community Center



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor
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Stepping Out (Free Virtual and On-Site Classes) July 2024

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Wednesdays	Start Time	Instructor	Location
Mindful Hatha Yoga and Meditation	5:30 PM	Maureen Lauer-Gatta	https://us02web.zoom.us/j/84175847151?pwd=aEXiWsk4uYU5X5fT1UQ4qComNwfn.1
Chair Aerobics	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Chair Yoga	6:00 PM	Jeanette Cole	EJ Blott Elementary School
Yoga For All	6:00 PM	Marioga LLC	TriYOUunity
Zumba	6:00 PM	Doreen Block	Associate Neighborhood Centre
Thursdays	Start Time	Instructor	Location
Chair Aerobics	9:30 AM	Toscha Gentry	CLWCC (Lowellville, OH)
Walking For a Healthier You	9:30 AM	Nakiya Salter	Niles Wellness Center (Questions about walking: call 330.314.2021)
Chair Volleyball	10:00 AM	Nakiya Salter	Niles Wellness Center
Walking/Chair Volleyball & Aerobics	11:00 AM	Faith Wallace	Eugenia Atkinson
Chair Volleyball	11:30 AM	Sonja Lynn	St. Angela Merici
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
Chair Volleyball	1:30 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Fitness Walking Class	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Off The Wall	4:00 PM	Kassandra Johnson	Greater Mill Creek Community Center
Hatha Yoga	4:30 PM	Michelle Best	Hubbard Scope
Let's Just Dance	5:00 PM	Carol Williams	Eugenia Atkinson Recreation Center
Zu-Bata	5:00 PM	Kelley Frazier3	Greater Mill Creek Community Center
Zumba	5:30 PM	Tamara Cooper	Niles Wellness Center
Ring Ya Bell, Kettlebell	5:30 PM	Ava Lilley-Degross	Warren Scope Center
Zu-Bata	5:45 PM	Kelley Frazier	Greater Mill Creek Community Center
It Feels Good Urban Line Dance	6:30 PM	Kissa Graham	Warren SCOPE Center
Fridays	Start Time	Instructor	Location
Chair Chi	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhgaXRrTUdxWJCCzBzOXI0QT09
Walking for a healthier YOU	10:30 AM	Nakiya Salter	Wick Park (Questions about walking call Nakiya 330-314-2021)
Chair Yoga	1:15 PM	Collen Dunn	TriYOUunity
Cooking Class (7/26 only)	1:00 PM	Jessica Romeo	Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)
Chair Volleyball (7/26 only)	1:30 PM	Nakiya Salter	Youngstown Public Library – Main (no registration required)
Beginner Line Dancing	3:00 PM	Candys Mayo	Heart Reach Neighborhood Ministries
Line Dancing	4:00 PM	Selina Cotton	Jewish Community Center of Youngstown
Chair Aerobics	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
First Friday Line Dance 7/5 Only	6:00 PM	Selina Cotton	S Phelps St, Youngstown, Oh 44503
Saturdays	Start Time	Instructor	Location
Better Body by Ava	9:00 AM	Ava Lilley-Degross	Warren Scope Center
Hatha Yoga	9:00 AM	Michelle Best	CLWCC (Lowellville, OH)
Fitness Walking Class	10:00 AM	Doreen Rodgers	Warren G. Harding High School Track
Zumba	10:00 AM	Tamara Cooper	Warren SCOPE Center https://www.zumba.dance/?locale=en_US
Mindful Hatha Yoga and Meditation	11:00 AM	Maureen Lauer-Gatta	Niles Scope Center https://us02web.zoom.us/j/82074416850

Locations

Associated Neighborhood Centers (McGuffey Centre) 1649 Jacobs Rd. Youngstown, OH 44505	234-241-1600
Austintown Senior Center, 112 Westchester Dr. Austintown, OH 44515	330-953-1416
(CLWCC) Community Literacy Workforce & Cultural Center, 438 OH Highway 616, Lowellville, OH 44436	330-799-6842
(Davis) Boardman Davis YMCA, 45 McClurg Rd, Boardman, OH 44512	330-480-5656
Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510	330-707-4714
EJ Blott Elementary School, 4115 Shady Rd., Youngstown, OH 44505	
Fitness 330, 14 Youngstown-Warren Rd. Niles, OH 44446	330-770-6402
Hubbard Senior Center/Hubbard Scope 220 W Liberty St., Hubbard, Ohio 44425	330-534-3636
Glenwood Fresh Market 2915 Glenwood Ave, Youngstown, Ohio 44511	330-333-3561
(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502	330-743-0020
Grace AME, 1137 Main Ave. SW, Warren, OH 44483	330-394-6270
Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44505	330-744-2000
Heritage Apartments, 600 Granada Ave, Youngstown, OH 44505	330-744-3383
(JCC) Jewish Community Center of Youngstown, 505 Gypsy Ln., Youngstown, OH 44504	330-746-3251

See page 3 for additional locations



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Stepping Out (Free Virtual and On-Site Classes) July 2024

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Locations

(LYRIC) Old Liberty High School, 317 Churchill Rd, Youngstown, OH 44505	
Mercy Health Community Outreach BLG 3 rd and 4 th Floor 932 Belmont Ave, Youngstown, Oh 44501	330-720-3293
Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
Niles Scope, 14 East State St., Niles, OH 44446	330-544-3676
OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
Packard Park, Warren OH	
St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506	330-747-6080
TriYOUunity, 239 South Main Ave SW Warren OH 44481	330-766-4495
Villa Maria (Sisters of the Humility of Mary) Villa Maria Rd., Villa Maria, PA 16155	724.964.8861
Warren G. Harding High School Track, 860 Elm Rd NE, Warren OH 44483	
Warren SCOPE Center, 375 N. Park Ave Warren, OH 44483	330-399-6745
Wick Park, 260 Park Ave., Youngstown, OH 44504	
Woodworth Park 255 Warren Ave. Poland Ohio 44514	330-549-9552
Yellow Brick Place 2959 Canfield Rd #10, Youngstown, OH 44511	234-228-9550
Youngstown Public Library-Main 305 Wick Ave Youngstown, Oh 44503	330-744-8636

Class changes:

No Stepping Out Classes on Thursday, July 4, 2024, for Independence Day.

New Walking Classes: Walking for a healthier YOU Mondays, Wednesdays, and Fridays 10:30 AM and Tuesdays 2:00 pm at Mercy Health 932 Belmont Ave.

New Site: Yellow Brick Place will have Yoga class on Mondays with Carolyn Spires 11:00 am.

New Site: Glenwood Fresh Market will have Chair Aerobics Monday July 15, Wednesday July 17 at 11:00am.

New Site: Walking class and Chair Aerobics at WoodWorth Park. Tuesday, July 9, 2024, starting at 10:30 AM. Blood Pressure screenings.

New Site: Community Health Building at Mercy Health 4th Floor: Monday 1 pm Chair Yoga with Doris, Tuesday 1 pm Chair Aerobics/Chair Volleyball with Nakiya, Tuesday 3 pm Aerobics with Mari, Tuesday 5 pm Yoga with Michelle Best, Thursday 1:30 pm Chair Volleyball.

New Class: Walking, Chair Aerobics and Chair Volleyball at Eugenie Atkinson Center 11 am with Stepping out Team Faith and Toscha

New: Walk with the Doc: the discussion this month **Topic:** "Alzheimer's" Monday **July 29**

New Class: Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday, July 26, 2024, 1 pm (seats limited and must pre-register with Library 330-744-8636) followed by a free Chair Volleyball with Stepping Out Program staff 1:30 PM (Class Open to all 18 and over)

New Class: Friday, July 5, First Friday's Line Dance with Selina 6 pm on Phelps St.

New Class: Mindful Hatha Yoga and Meditation with Maureen Lauer-Gatta Online Wednesdays at 5:30pm starting July 10th, 2024.

Class Cancelled: No Zoom Chair Chi Friday, July 5 to Friday, July 12th and Friday, July 19, 2024, Chair Chi with Faith at 10:00 am

Class Cancelled: Walk at Wick 10:30 am class is cancelled for Wednesday July 3, Friday July 5, Wednesday July 10, Friday, July 19, 2024, and Monday, July 29, 2024

Classes Cancelled: From June to September Line Dancing with Anthony Woodberry at Eugenia Atkinson Recreation Center

Class Cancelled: Monday July 1, 2024, Chair Aerobics with Ava at Grace AME.

***Please note: all classes are subject to change. Please check out Facebook "Stepping Out Fitness" page for any additional changes to classes throughout the month.**

Zoom Passwords

Ava Lilley-Degross: Meeting ID: 263 079 4644	Passcode: GFIT
Bethanie Meredith: Meeting ID: 871 4111 7511	Passcode: Mark1230
Doreen Block: https://www.facebook.com/profile.php?id=12445840	
Faith Wallace: Meeting ID: 766 556 3864	Passcode: FAITH
Colleen Dunn: Meeting ID: 757 688 2271	Passcode: 2GjW77
Dr. Sherri Woods: Meeting ID: 933 4195 7753	Passcode: miboso
Maureen Lauer-Gatta: Meeting ID: 820 7441 6850	Passcode: 395529
Maureen Lauer-Gata: Wednesday Yoga online	
Meeting ID: 841 7584 7151	Passcode: YOGa

CLASS DESCRIPTIONS

Better Body By Ava This high-energy and dynamic class has been carefully designed by Ava, a seasoned fitness instructor, to target all major muscle groups and maximize your calorie burn, with an emphasis on both strength training and cardiovascular exercises. (Class is suitable for all fitness levels) Equipment is available and provided on site.

Cardio Combo is a 60-minute class combines low impact aerobics with weights & stretching for a full body workout. Suitable for ALL fitness levels. Equipment is available on site.

Chair Chi is a gentle exercise program to help people to receive the benefits of the traditional Tai Chi Chun in the comfort & safety of their chair. Suitable for all level.

Chair Volleyball this class is intended help reduce stress and boost your self-esteem and confidence. All moves (blocks & serves) are done from the chair. The main rule is players must always remain in their chairs. For a good time and lots of laughs...this class is for you. Suitable for ALL fitness levels.



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Chair Aerobics/Senior Aerobics is an aerobic workout with emphasis on improving cardio and strengthening muscles for participants who may have certain physical restrictions or limits in a traditional setting. We use chairs, weights, and resistance bands partnered with an upbeat playlist to make class productive and enjoyable. Suitable for ALL fitness levels. Equipment is available on site.

Chair Yoga is a gentle form of yoga class that can be done sitting on a chair or standing while using the chair for support. Suitable for ALL fitness levels.

Christ-Centered Yoga sponsored by Mercy Health, Stepping Out *Please find a Quiet space and unroll your yoga mat or beach towel. Join me for a gentle, guided yoga practice - honoring God with all of your heart, soul, mind, and strength.

Country Line Dancing come on out and kick up your heels! This fun and energetic line dance class is set to country, pop and R&B. Come as you are or feel free to wear your boots and cowboy hat.

Fitness Walking/Old School Fitness walking is a 60-minute class where participants can walk the circumference of the gym at their own pace while socializing with others or on their own. It is also an opportunity to walk with the instructor one on one and get advice and answers on anything health and fitness related. Great way to get those daily steps in in a safe environment. Suitable for ALL fitness levels. Equipment needed: none.

Fun and Fit is a senior fitness class which includes low impact cardio, strength training, balance, and stretching that can be done seated or standing. Suitable for ALL fitness levels. All levels welcome.

Glutes and Gams is a class that focuses on glute activation. Suitable for all levels, weights and bands are used.

Hatha Yoga Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. This is a slower-paced, gentle yoga that has been proven to help to relieve stress, support healthy habits, improve emotional health, ease back and arthritis pain, and even help people quit smoking.

Hip Hop is a great way to lose yourself in the fun of hip-hop dancing. Work it like never before and leave feeling like one of Beyoncé's backup dancers.

Keeping It Real, Kickboxing a high intensity cardio class that uses punches and kicks to burn calories and tone your body. Will be learning self-defense moves as well as taking out frustration on the heavy bags or pads. We will punch, kick, sweat and laugh the Ava way. Gloves are needed but not necessary.

Line Dancing (Bold Beginners Line Dance, Hustle & Glow, It Feels Good Urban Line Dance, Let's Just Dance) is a Soul/Urban line dance class. This class is a fun and an exciting way to dance your way to good health! The instructor will teach you low, moderate, and high energy line dance routines and will help you burn calories at the same time. It's a fun way to exercise and it will free the dancer in you! No partners needed--perfect for singles! Suitable for ALL fitness levels. Equipment needed: none.

Mindful Hatha Yoga and Meditation Join us on the mat to awaken inner peace as we meet each moment with mindful movement and breath - moving with compassion from one posture to the next to quiet the mind, strengthen the body, and open the heart. Step by step, we will connect breath with movement, gain wisdom through mind-body harmony, and nurture ourselves with a joyful presence. Suitable for ALL fitness levels. Equipment needed: mats, yoga blocks, and straps. The blocks and straps are not necessary, class will be modified if you don't have them.

Mindful Meditation has been shown to significantly reduce stress, sharpen mental clarity, foster emotional balance, and contribute to overall physical health.

MiBoSo SONrise Stretch A Christ-centered restorative stretch class with meditations to calm the mind, movements to stretch the body, and moments to search the soul. A mat, blocks, blanket are optional. An exercise mat & blocks are suggested. Blankets are optional. Suitable for all fitness levels.

Pilates is a series of exercises inspired by calisthenics, yoga and ballet. Pilates promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also having a key focus on the deep core. suitable for ALL fitness levels. Equipment will be provided.

Pound is a combine cardio, strength training, and Pilates with drumming to achieve a full-body workout. We use drumsticks to jam to the music. suitable for ALL fitness levels. Equipment will be provided.

Off the Wall is Pilates and yoga combine. Most of the exercises are done while standing against the wall. This class will help to you to tone, strengthen, increases stamina & endurance, improves posture, improves focus, improves balance & stability, and improves your core strength. The class can be done by anyone and anywhere. Suitable for ALL fitness levels. No equipment needed.

Ring Ya Bell, Kettlebell this class uses an awesome piece of equipment that will incorporate a dynamic set of movements that will build strength and add flexibility as well as some cardio burn. Suitable for all fitness levels. Equipment available on-site weights ranging from 5lb-30lb.

Urban Ballroom Dancing is a 2-hour class. A partner dance style which combines the Cha Cha with an Urban Flavor, bringing Ballroom dancing to the next generation. Urban Ballroom is about rhythms and mixing styles & movements to create something new and unique every time. Suitable for ALL fitness levels. Equipment needed: none.

Super Senior Exercise Class is a fun way to get in and stay in shape! A scarf, two cans, or two water bottles and a chair are all you'll need to stretch, gain strength and improve your balance! Suitable for ALL fitness levels.

Walking for A Healthier You is a walking class. Walking can help improve blood flow, lower blood pressure, boost energy levels, reduce stress and is known to help with mental health. In this class everyone walks at their own pace. Suitable for ALL fitness levels. Equipment needed: none.

Walk Wednesday is a walking class. While walking the trainer will offer brief discussions on health, fitness, and nutritional information. Suitable for ALL fitness levels. Equipment needed: none.

Zu-Bata is a HIIT style format that combines Zumba and a strength Tabata by alternating the two (Zumba song, then a tabata, so forth and so on). It is a great change and challenge for the body, and it creates opportunity for strength training for those who always try to run from it! Suitable for ALL fitness levels. Modifications are available. Equipment needed: mats and weights.

Zumba & Zumba Gold is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of dance moves and exercises that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, salsa, merengue and more! Suitable for ALL fitness levels as modifications are available. Equipment needed: none.

Yogalates is Pilates and yoga combine. This class will help to create strength, stability, & support for the spine & the whole body by syncing breath and movement in this flow-based class. Find energy, strength, & flexibility while staying kind & gentle to yourself. Suitable for ALL fitness levels. Equipment needed: stretch band & pillow (if needed)

Yoga/Gentle Stretching for Body & Mind/Yoga for All this yoga class is a gentle class focusing on flowing from pose to pose and linking the movement with the breath. All levels are welcome. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

YMCA Davis Screenings is sponsored by the Mercy Health Foundation and Stepping Out. Free screenings will be offered once a month at the YMCA Davis located in Boardman Ohio. Screenings offered will include Blood Pressures, BMI, Body fat, Blood Glucose and Carbon Monoxide screenings.



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