

WALK! IMPROVE YOUR HEART HEALTH.

Our Lady of the Lake has partnered with the American Heart Association to bring the "My Heart. My Life." program to our patients, guests and team members. The initiative includes two walking paths.

Interior Walking Path

½ mile starting and ending at Elevator marker A.

Exterior Walking Path

1 mile starting and ending at the lobby front entrance.

Walking benefits your heart by:

- Lowering cholesterol
- Preventing obesity
- Decreasing blood pressure

So, put on your walking shoes and improve your heart health!



My Heart. My Life.™