

Get Moving With OSF Saint Anthony's Mall Walker Program

by Tim Ditman
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ALTON – The rehabilitation services team at OSF HealthCare Saint Anthony's Health Center encourages Riverbend residents to walk, learn and earn through the mall walker program, launching next week.

At 8:30 a.m. on the fourth Tuesday of the month, OSF Saint Anthony's physical therapy Mission Partners (employees) will be at the OSF outpatient rehabilitation office at Alton Square Mall (200 Alton Square). Mission Partners will give a brief talk on healthy lifestyles, then residents are encouraged to pick up a walking log and take a stroll around the mall. The loop is around .2 miles. Participants will also have to sign a waiver to take part in the program.

Residents can turn in their walking logs at the OSF mall office or at the Hayner Public Library on the lower level of the mall. The logs will be entered into a monthly prize drawing. Residents with a library card can also borrow a pedometer from the library.

"This is a great way to start your physical fitness journey or simply get in a light workout," said Frances Young, manager of rehabilitation and sleep services at OSF Saint Anthony's. "Walkers will also learn about valuable topics like the correct way to stretch and how to stay hydrated."

About OSF HealthCare Saint Anthony's Health Center: A 49-bed Rural Health designated acute care hospital in Alton, Illinois, [OSF Saint Anthony's](#) serves the residents of Madison, Jersey and Macoupin counties. It is home to OSF Moeller Cancer Center, which provides the latest diagnostic tools and treatment for patients in a relaxing environment. OSF Saint Anthony's also provides 24-hour access to a physician-staffed emergency department, in addition to cardiovascular, neurology, pulmonology, surgical, rehabilitation services and more. OSF Saint Anthony's is fully accredited by the Joint Commission for Healthcare Facilities, American College of Surgeons' Commission on Cancer, American College of Radiology, CMS 4-Star Rating, American Heart Association, IDPH and TJC Primary Stroke Center. OSF Saint Anthony's is part of OSF HealthCare – an integrated health system with 15 hospitals in Illinois and Michigan and robust Innovation and Digital Health divisions that provide access to specialty care and remote monitoring, helping people receive the care they need close to home. [OSF HealthCare](#) is operated by The Sisters of the Third Order of Saint Francis.