

COVENANT CANCER CARE CENTER and  
MARY FREE BED at COVENANT HEALTHCARE present

# Moving Towards Your Best Self

**Wednesday, September 17, 2025**

**5:30–7:30 pm**

**Covenant HealthCare Mackinaw, 5400 Mackinaw, Saginaw, MI 48604**

**Please join us for a presentation by:**

**Melissa Manssur, OTRL, MOT, CLT**  
Occupational Therapist  
Cafeteria, First Floor

**Afterwards, stroll around the pond and enjoy these optional activity stations:**

*(in inclement weather, activity stations will be indoors)*

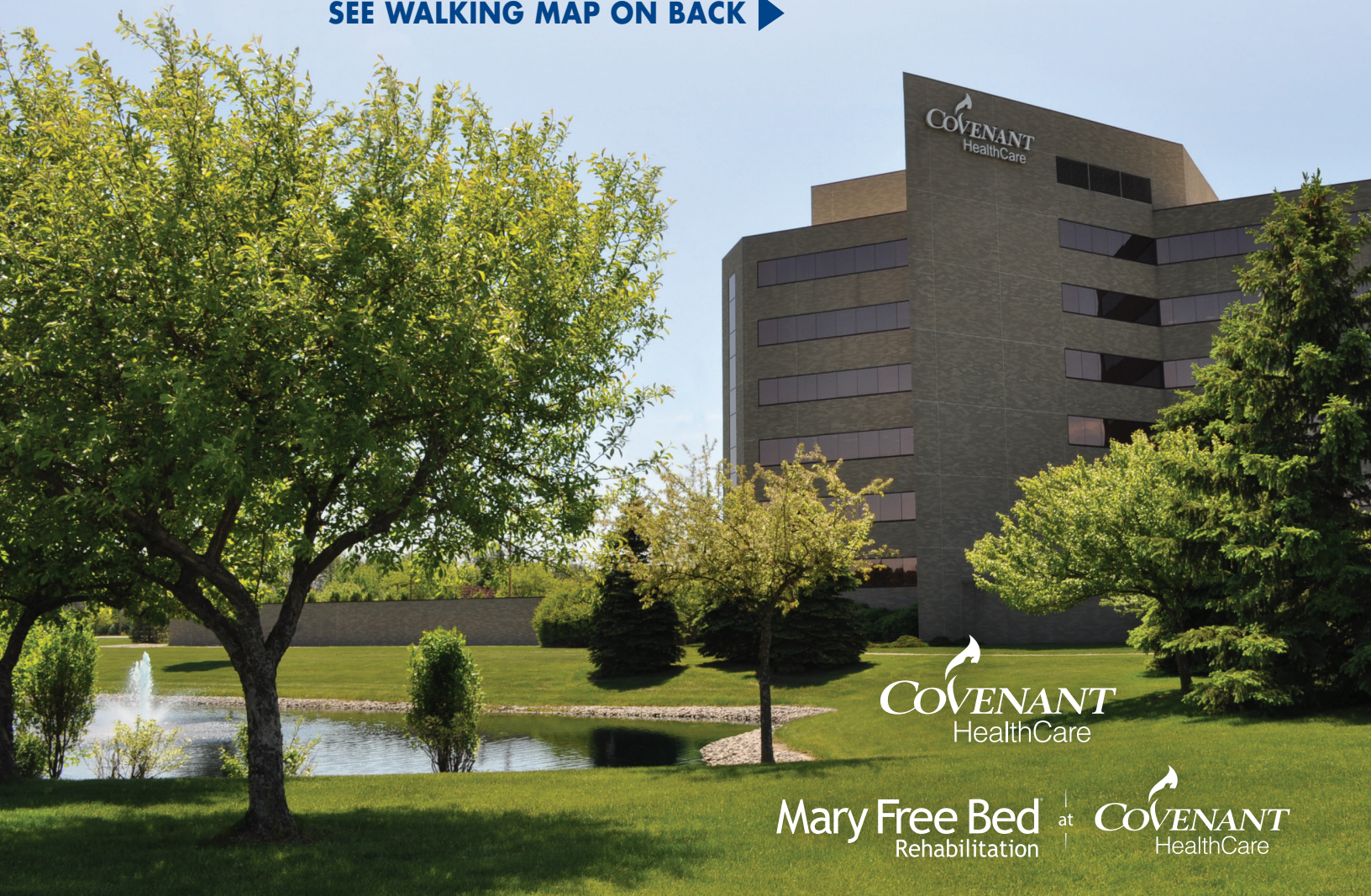
- Occupational therapy
- Create a healthy snack
- Yoga
- Tai Chi
- Additional resources
- Crafts



**This event is FREE to cancer patients and survivors.**

To RSVP or for more information, scan the QR code or call 989.583.5154.

**SEE WALKING MAP ON BACK ►**



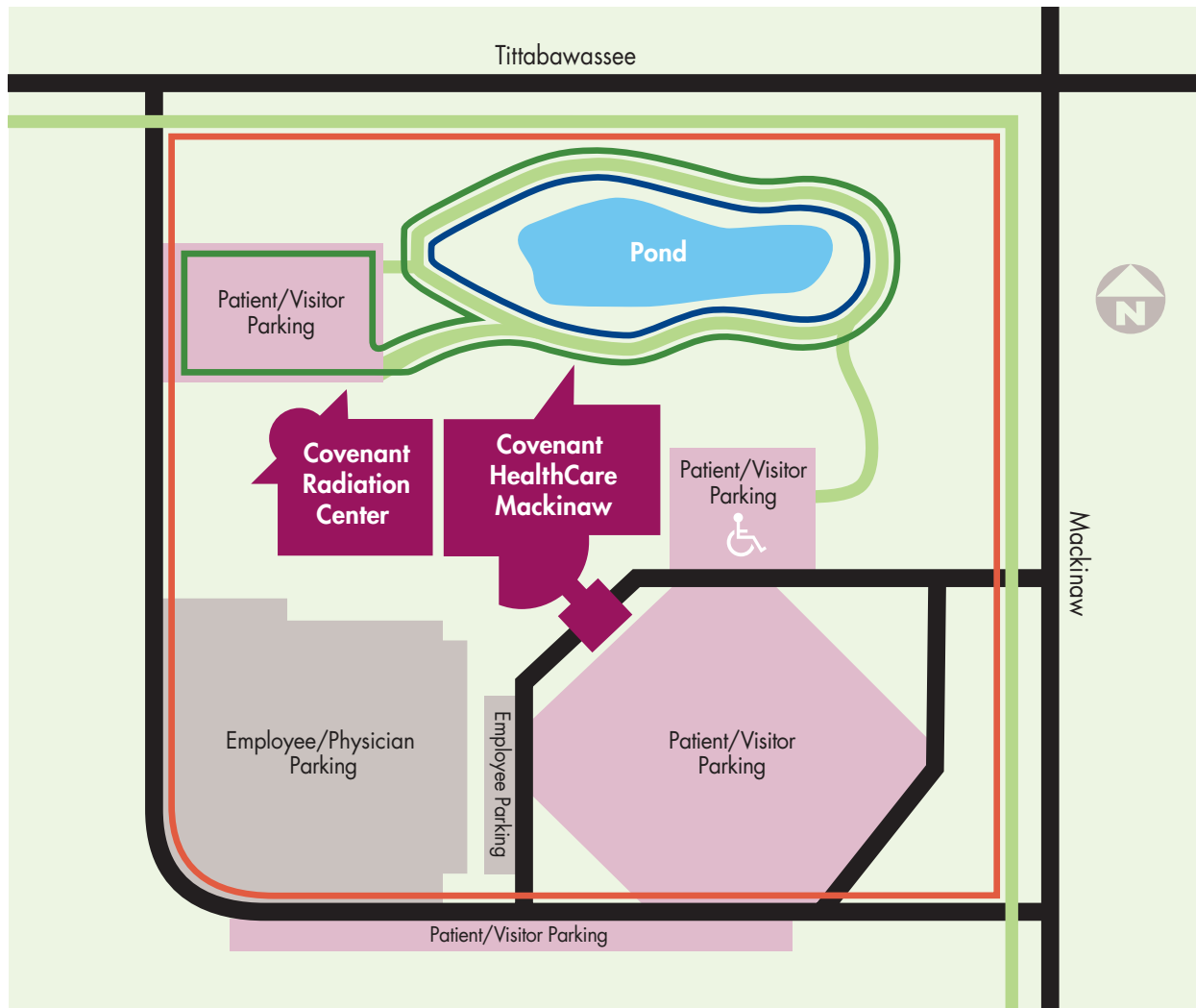
**COVENANT**  
HealthCare

**Mary Free Bed**  
Rehabilitation

at

**COVENANT**  
HealthCare

# Moving Towards Your Best Self Walking Map



## 1 MILE WALKWAYS KEY

|  |   |
|--|---|
|  | <b>ROADWAYS</b>                                   |
|  | <b>WALKWAYS</b>                                   |
|  | <b>PERIMETER</b> = 3,378 feet ~ 1.56 laps         |
|  | <b>POND</b> = 1,110 feet ~ 4.75 laps              |
|  | <b>POND + PARKING LOT</b> = 1,803 feet ~ 2.9 laps |
|  | 5,280 feet = 1 mile                               |