



**SRMC Foundation and Step by Step with Lisa  
Offering Free 'Saturday Stretch' September 19**

(SALEM, OHIO) – September 1, 2020 – On Saturday, September 19, area residents are invited to join the Salem Regional Medical Center (SRMC) Foundation and Step by Step with Lisa for a free outdoor “Saturday Stretch” from 10 – 11 a.m. at Columbiana’s TownCenter at Firestone Farms.

Participants should meet in the Firestone Farms’ courtyard, where they will be led through a series of contactless standing stretches. Social distancing protocols will be followed, and no mats will be provided or needed. The event will be held rain or shine.

The TownCenter at Firestone Farms is located at the corner of Routes 7 and 14 in Columbiana. For more information, contact Amy Reed, SRMC Director of Development, at 330-337-2883.