

walk THE WITH a DOC



Funded by a grant from the TMA Foundation with major support from TMAIT.



Walk With A Doc is a **FREE** program that allows the public to receive health education from doctors while outside the medical setting.

Join any of these free weekly Thursday evening walks by coming to Rose Rudman Park and meeting with our group at the Copeland Road trailhead.

Each talk/walk begins at 6:00 p.m.

View the list of topics and physicians below.



Date of Walk	Topic of Presentation	Name of Doctor
September 21	Lifestyle Impact on Obesity and Health	Bruce Carter
September 28	Prostate Cancer – PSA or Not?	Jim McAndrew
October 5	Disaster Preparedness	Elliott Whitley
October 12	Botox for Migraine Headaches	James Michaels
October 19	How to Keep Your Eyes Healthy	Mike Ford
October 26	Hyperbaric Oxygen Therapy	Melissa Springmeyer
November 2	Lung Cancer Awareness	James Fox

For more information contact: smithcms@smithcomed.org

Friendly dogs, parents with strollers & kids on bicycles are also welcome.
In the event of bad weather, the topic & speaker will be rescheduled.