



#WalkWithADoc  
#WWADTX



Join Us!

## 2017 San Antonio Heart and Stroke Walk Kick-Off

Saturday, July 8 at 8am (new time!)

McAllister Park - Pavilion #1 (Al Becken)  
13102 Jones Maltsberger Rd, San Antonio, TX

WWAD Texas is funded by a grant from TMA Foundation with major support from TMAIT and Prudential.



Featuring

Interventional Cardiologist Dr. Jorge Alvarez and San Antonio's other favorite heart doctors!

### Hey San Antonio!

On behalf of Cardiology Clinic of San Antonio, Bexar County Medical Society and Texas Medical Association, we invite you to join us for Walk with a Doc!

It's a free, monthly event for families that includes a short presentation on reducing risk factors and a healthy lifestyle, an exhilarating walk and an opportunity to ask your favorite doctors questions about your health.

We'll have special guests each month and a variety of demonstrations and discussions about health and wellness.

July's Walk with a Doc kicks off our efforts for the 2017 San Antonio Heart and Stroke Walk!

Join our friends from the American Heart Association and learn how we can do our part to fight heart disease and stroke in our community.

No registration required. Dress for the weather and lace up your tennies!

Be sure to follow us:

Facebook — <https://www.facebook.com/CardiologyClinic/>

Walk with a Doc — <http://walkwithadoc.org/our-locations/san-antonio-texas/>

Methodist Healthcare Calendar — <https://sahealth.secure.ehc.com/calendar/>

for upcoming walks and locations!



CardiologyClinic

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Walk with a Doc is a nonprofit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle to improve the health and well-being of the country. Walk with a Doc was started in 2005 by David Sabgir, MD, a board-certified cardiologist in Columbus, Ohio, who practices with the Mount Carmel Health System. To learn more, go to <http://walkwithadoc.org/>.