



Northside Medical Center
&
Western Reserve Health Education



Invites you to

walk™ with a
DOC
educate. exercise. empower.
Youngstown

Please join us every Saturday at 8:15am at the historical St. John's Episcopal Church in Youngstown for an hour of healthy walking. You'll take a few minutes to learn about a current health topic and then spend the rest of the hour enjoying a healthy walk and conversation with a doc.

Get involved, get active, and enjoy good conversations. Walk at your own pace and distance. See you every Saturday at 8:15am, and bring a friend to this free community event! For more information, email Justwalkyoungstown@gmail.com, or call 808-387-0533

