

Saturday, September 16, 2017

**Twin Falls Visitor's Center
at the Perrine Bridge
Health class begins at 9:00 a.m.
Walk will begin at 9:15 a.m.
*Come walk with us!***



family  health SERVICES

invites you to

walk WITH a DOC

educate. exercise. empower.

You're invited to a **free** Walk With a Doc health event with our new Jerome provider, Jesse Balls, PA-C. It's a great way to learn about good health and actively enjoy our beautiful Snake River canyon rim walking path.

Walk at your own pace and go your own distance. See you on **September 16, 2017 @ 9:00 a.m.** Bring your family or friends to this free community event. Water and snacks provided.

Join us for an educational, fun, and healthy activity for the whole family!



"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."

-David Sabgir, M.D.