



walk WITH a DOC

 Boulder
Community
Health

WALK WITH A DOC

Come Walk with a Doc and take a step towards better health. This is a FREE community program:

- Learn about a current health topic
- Walk and talk with a local doc
- FREE blood pressure checks
- FREE giveaways
- FREE refreshments



Join Dr. Nelson Trujillo,
Board-Certified Cardiologist
along with other guest Boulder
Community Health physicians.

Time:

**All walks are from
8:00 - 9:00 am**

Dates:

November 18

Diet and Heart Disease

Dr. Nelson Trujillo

East Boulder Community Park
5660 Sioux Drive in Boulder

December 9

Walking and Happiness

Dr. Mark Wisner

North Boulder Park
2848 9th Street in Boulder

Attend 3 walks and get a pedometer*
Attend 4 walks and receive a shirt*

**While supplies last*

**For more details, visit
bch.org/walkwithadoc**

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