



# walk with a DOC

## Take a step toward better health.

Join Southern Colorado Family Medicine physicians for this FREE, fun walking program. What better way to start your weekend than making strides to help your heart and improving your general health?

When you Walk with a Doc, you will:

- Take steps toward a healthier lifestyle
- Learn about important health topics
- Have your questions answered by local physicians
- Meet new friends
- Walk at your own pace
- Enjoy an informal, relaxed and fun walk

Meet by the fire station on Lake Avenue one Saturday each month.

9 a.m.

February 10, March 10 and April 14

8 a.m.

May 12, June 9 and July 14

Southern Colorado Family Medicine

 Centura Health®