

walk WITH a DOC

Take a **STEP** toward
better **HEALTH**



Find out where we'll be in your state!
WaLKwithaDOC.org



Take a step to a healthier you!

Walking can:

- Lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lower your blood pressure
- Manage your weight
- Improve your mood
- Stay strong and fit

Walking also strengthens your heart, feeds your brain and strengthens your bones.

So come on! Take a walk with Walk with a Doc!

Walk with the Rush Copley Family Medicine Residency Program

**Meet at Rush Copley Healthplex Lobby
1900 Ogden Avenue, Aurora, IL
Wednesday, November 15th &
Wednesday, December 20th
at 12:15pm -12:45pm**



Our mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

Walk with a Doc was created by Dr. David Sabgir, a board-certified cardiologist who practices with Mount Carmel Clinical Cardiovascular Specialists — at Mount Carmel St. Anns Columbus, Ohio