



TAKE A STEP Toward Better Health

Join us for Walk with a Doc, a community walking program led by local doctors. All events are *FREE* and open to the public, designed to help you get more active and build healthy habits.

- Learn about various health topics from local healthcare professionals.
- Walk with others at a comfortable pace.
- Have fun and earn prizes.



Attend 5+
walks and earn
a free T-shirt!



To learn more
and register,
scan the QR
code or visit
our website.



WALKwithaDOC.org/COLUMBUS