



**Topic: The Walking Habit to Help Keep Your Brain Healthy Too.**

**Dr. Robert Kramer, Psychologist  
Director, Institute for Continued Learning,  
Dixie State University**



**Tuesday January 18th- 1:00pm**

**Meet on the outdoor Pool Patio Sign up begins at 12:30pm**



# walk with a DOC

**educate. exercise. empower.**

Have fun and join us for a healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc. This is a **FREE** community event!

It's a great way to get out, get active, and enjoy good conversation. Walk your own pace and distance.

**Questions?**

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