



walk^{with a}
DOC

Take steps
towards a
healthier
lifestyle.



Allina Health
BUFFALO
HOSPITAL



The Walk With a Doc program!

Buffalo Hospital, Allina Health St. Michael Clinic and the Health Powered Kids program are combining forces and bringing a special Walk with a Doc program for children and teens.

Join Lisa Herman, PsyD, LP, on the first Tuesday of the summer months for this walking program and make strides towards better health. While on the walk, you will have the opportunity to ask questions. Everyone is welcome!

Meet in the conference room for a five minute discussion around stress and anxiety and then walk the local trails with psychologist Lisa Herman, PsyD, LP, and Health Powered Kids!

LOCATION

Allina Health St. Michael Clinic
4300 Edgewood Drive N.E.
St. Michael, MN 55376

WALK TIME

4:45 – 5:30 p.m.

WALK DATES

Tuesday, June 3

Tuesday, July 8

Tuesday, August 5



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