

walk™ WITH a DOC

Funded by a grant from the TMA Foundation with major support from TMAIT.



Walk With A Doc is a **FREE** program that allows the public to receive health education from physicians while outside the medical setting.

Join any of these Thursday evening walks by coming to Rose Rudman Park and meeting with our group at the Copeland Road trailhead.

Ask questions. Walk at your own pace.

Each talk/walk begins at 6:00 p.m.

View the list of topics and physicians below.



Date of Walk	Topic of Presentation	Name of Physician
October 4	Body Contouring	Paul Critelli
October 11	Non-Migraine Headaches	Allison Hennigan
October 18	What Are Preventive Medicine and Public Health ?	Jeff Levin
October 25	Food Insecurity in Our Community	Valerie Smith
November 1	Let's Drink to Your Health	Scott Wright

Friendly dogs, parents with strollers & kids on bicycles are welcome.
In the event of bad weather, the topic & speaker will be rescheduled.