

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 doctors while outside the medical setting.

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

Each talk/walk begins at 9:00 a.m.

View the list of topics and physicians below.



Date of Walk	Topic of Presentation	Name of Doctor
April 7	Diabetes	Shreya Patel
April 21	Shoulder Replacement- When Do You Need One?	David Kummerfeld
May 5	CBD Oil and Epilepsy	Gina Jetter
May 19	Allergens Triggering Asthma	Gonzalo Alvarez del Real
June 2	Shoulder Pain	Jon-Michael Cline
June 16	'ICE' Phone Settings: Be Prepared In Case of Emergency	Jeffrey Beers

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