



Melanie Smith, DO
WWAD Physician Leader & HMR Medical Director

Get out, get active & enjoy good conversation. Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace & distance with medical providers.

This community event is **FREE** and all are welcome!

Every 3rd Saturday of the Month from 8:30-9:30am

Burlington High School - 400 McCanna Parkway - Burlington, WI



walk WITH a DOC

educate. exercise. empower.

January 19	Why Immunize? Theresa Hewitt, NP	July 20	Benefits of Exercise for Dementia Jolanta Twardy, MD
February 16	How our mind impacts our bodies. Caryn Bird	August 17	Concussions Marty Baur, MD
March 16	How to reduce your cardiovascular risk. Randy Schmidt, MD	September 21	Low Impact Exercises Cristina Muresanu, DO
April 20	Better Nutrition, Better Eyes Mark Brower, MD	October 19	Colorectal Screening Ben Pastika, DO
May 18	Exercise & Pregnancy Scott Beatse, MD	November 16	Hit the pause button on screen time. Vickie Bleser, NP & Julie Klein, MD
June 15	Spine Health: Maximize your quality of life James Webley, Chiropractor	December 21	Am I having an MI (heart attack)? Stephen Welka, DO

