**NEWS ADVISORY**

####

####

####

####

#### **TMA NEWS ADVISORY**

\*\*\*Monday’s date before the walk\*\*\*

**<<Organization Name>> to Host its First Walk with a Doc Texas Event**

* **WHAT:** <<City (Primary Walk Location)>> residents of all ages are encouraged to lace up their walking shoes and join Dr. <<Lead Physician: First Name>> <<Lead Physician: Last Name>> of <<Organization Name>> for the clinic/hospital’s first <<City (Primary Walk Location)>> Walk with a Doc (WWAD) Texas event.
* **WHEN:** THIS <<Walk Day of the Week>> <<Kickoff Walk - Goal start date>> at <<Kickoff Walk - time of walk>> (recurring \*monthly/weekly\* <<Walk Schedule>>)
* **WHERE:** <<Park/Location Name>> - <<Street Address (Primary Walk Location)>> <<City (Primary Walk Location)>>, <<State/Province (Primary Walk Location)>> <<Zip Code (Primary Walk Location)>> (<<Specific meeting place (optional)>>)
* **WHO:** Dr. <<Lead Physician: Last Name>>, <<Organization Name>> staff members, and any community members interested in participating.
* **WHY:** Walking is one of the simplest, best things people can do to live a long, high-quality life. WWAD makes it easy by providing the time, place, motivation (a brief health information talk), and fellow participants for a fun walking experience.

The [Walk with a Doc](http://walkwithadoc.org/) concept is simple: Physicians organize walks in their communities and invite their patients, their patients’ families, and community members to join them. Walkers will enjoy a refreshing and invigorating walk with Dr. <<Lead Physician: Last Name>> and other health care professionals, who will provide support to participants and answer questions during the walk. [Walk with a Doc Texas](https://www.texmed.org/wwad) is overseen by a national nonprofit organization to get people active and healthy, and is backed by the Texas Medical Association (TMA) in Texas.

This is a FREE program, and pre-registration is not required. Information about future walks will be announced on this chapter’s [Walk with a Doc website](https://walkwithadoc.org/our-locations).

***TMA*** *is the largest state medical society in the nation, representing nearly 53,000 physician and medical student members. It is located in Austin and has 110 component county medical societies around the state. TMA’s key objective since 1853 is to improve the health of all Texans. TMA Foundation, TMA’s philanthropic arm, raises funds to support the public health and science priority initiatives of TMA and the family of medicine, including Walk with a Doc Texas. Walk with a Doc Texas is funded by a grant from the TMA Foundation with generous support from TMAIT and Prudential. To learn more, visit the* [*TMA Foundation website*](https://www.texmed.org/foundation/)*.*

***Walk with a Doc*** *is a nonprofit organization whose mission is to inspire communities through movement and conversation with physician-led walking groups. In partnership with* [*Fresh Avocados – Love One Today,®*](http://bit.ly/36NNYjM)*Walk with a Doc promotes physical activity and stepping up awareness about healthy eating to help improve the heart health of the nation. Walk with a Doc was started in 2005 by David Sabgir, MD, a board-certified cardiologist in Columbus, Ohio. To learn more, go to the* [*Walk with a Doc website*](http://walkwithadoc.org/)*.*

**Contacts:**

On the day of the event (for media convenience; not for public release): <<Contact name & phone number for media to contact the day of your kick-off>>

**TMA contacts:**

Brent Annear (512) 370-1381; cell: (512) 656-7320; email: brent.annear@texmed.org

Marcus Cooper (512) 370-1382; cell: (512) 650-5336; email: marcus.cooper@texmed.org

Visit [MeAndMyDoctor.com](http://www.meandmydoctor.com/) for interesting and timely news on health care issues affecting patients and their physicians.