

# walk with a doc 2021



2500 canterbury dr. hays, ks  
[www.haysmed.com/the-center](http://www.haysmed.com/the-center)



Take a step toward better health and join HaysMed's, University of Kansas Health System Healthcare Providers for this FREE, fun walking program. Walking is a great way to make strides to help your heart and improve your general health to live longer! What better way to start your weekend than Walking with a Doc?

#### **When you Walk with a Doc, you will:**

- Take steps toward a healthier lifestyle
- Learn about important health topics
- Have your questions answered by local Healthcare Providers
- Meet new friends
- Walk at your own pace
- Enjoy an informal, relaxed and fun walk

#### **When:**

One Saturday each month at 9 a.m.

- **May 22** – Dr. Wilson (*Urology*)
- **June 26** – Dr. Gray and Midwest Transplant Network (*Organ and Tissue Donation*)
- **July 24** – Dr. Hibbs (*Great Plains Dermatology*)
- **August 28** – Dr. Bed (*Nephrology*)
- **September 25** – Dr. Curtis (*Cardiology*)
- **October 23** – Outpatient Physical Therapy
- **November 20** – TBD
- **December 18** – TBD

#### **Where:**

2500 Canterbury Drive | Fitness Trail  
Meet at shelter house behind HaysMed. If inclement weather walk will be cancelled. Check e-mail 30 minutes before event if weather is questionable.

- Check out our website at [www.haysmed.com/the-center](http://www.haysmed.com/the-center) for more information on this program.
- COVID-19 safety precautions will be followed.
- Program funded by HaysMed Volunteers

making a difference

certified medical fitness facility  
2500 canterbury drive hays, ks 67601  
785.623.5900 [www.haysmed.com/the-center](http://www.haysmed.com/the-center)