

walk[®] with a DOC Topeka

Save these dates to Walk with a Doc!

Saturday, May 21 – Mental Health

Saturday, June 18 – Organ Donation

Saturday, July 16 – Internal Medicine

Saturday, August 20 – Weight Management

Washburn University (East side of Lee Arena) at 9 a.m.

The walk will be outside. If it rains, we will move the walk inside.

This doctor-led group is a fun and safe place to go for a walk, hear briefly about an important health topic, and enjoy a walk with a physician.

The event is **FREE** and all are welcome!

Ask your provider about upcoming walks!



Questions?

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