

walk with a doc

educate. exercise. empower.

COLUMBUS

NEIGHBORHOOD WALKING CLUBS

2023 SCHEDULE

Join a FREE Walk with a Doc neighborhood walking club and take a STEP toward better health! Learn about a health topic from a local doctor, take a walk at your own pace & distance, meet new people, and earn some prizes, including one free t-shirt for each participant that attends 3 or more walks!

NORTH SIDE

Woodward Park & Community Center
5147 Karl Rd (Meet at the picnic tables)
1st & 3rd Saturdays | 9 - 10 AM
April 1 - October 21, 2023

WEST SIDE

Dodge Park & Community Center
667 Sullivant Ave (Meet at the front entrance)
2nd & 4th Saturdays | 9 - 10 AM
April 8 - October 28, 2023

SOUTH SIDE

Marion Franklin Community Center
2801 Lockbourne Rd (Meet at the track)
1st & 3rd Saturdays | 9 - 10 AM
April 1 - October 21, 2023

FAR EAST SIDE

Big Walnut Park & Far East Community Center
1826 Lattimer Dr (Meet at the picnic tables)
2nd & 4th Saturdays | 9 - 10 AM
April 8 - October 28, 2023

LINDEN

Linden Community Center
1254 Briarwood Ave (Meet at the entrance)
4th Saturdays | 10 - 11 AM | Year Round

END OF YEAR CELEBRATION

Franklin Park Adventure Center
1777 E Broad St (Meet at the amphitheater)
November 4, 2023 | 9 - 10 AM

**Walks are held in the community center gym during bad weather*

Learn more and register online at Columbusrecparcs.com/WalkWithADoc





2023 CALENDAR

	North	South	Far East	West	Linden
April 1, 2023	X	X			
April 8, 2023			X	X	
April 15, 2023	X	X			
April 22, 2023			X	X	X
April 29, 2023	Highbanks Metro Park @ 8:30 AM				
May 6, 2023	X	X			
May 13, 2023			X	X	
May 20, 2023	X	X			
May 27, 2023*			X	X	X
June 3, 2023	X	X			
June 10, 2023			X	X	
June 17, 2023*	X	X			
June 24, 2023			X	X	X
July 1, 2023*	X	X			
July 8, 2023			X	X	
July 15, 2023	X	X			
July 22, 2023			X	X	X
July 29, 2023	Highbanks Metro Park @ 8:30 AM				
August 5, 2023	X	X			
August 12, 2023			X	X	
August 19, 2023	X	X			
August 26, 2023			X	X	X
September 2, 2023*	X	X			
September 9, 2023			X	X	
September 16, 2023	X	X			
September 23, 2023			X	X	X
September 30, 2023	Highbanks Metro Park @ 8:30 AM				
October 7, 2023	X	X			
October 14, 2023			X	X	
October 21, 2023	X	X			
October 28, 2023			X	X	X
November 4, 2023	End of Year Celebration: Franklin Park @ 9AM				

*On holiday weekends, the center buildings will not be open and any earned incentives will be distributed at the following walk.