

WALK

WITH A DOC

2024

Penn State Health St Joseph Medical Center is starting their community-based healthy lifestyle and walking program and we want YOU to join!

Join us for 12 weeks of short, health-related discussions and walks with members of your community and physicians and medical providers from our clinic.

If you are interested in health education, getting active, and forming a closer community with your neighbors and physicians, then get ready to Walk with a Doc at Penn State Health St Joseph Medical Center!

WALKS ARE WELCOME TO EVERYONE!

APRIL	APRIL	APRIL	APRIL	MAY	MAY	MAY	JUNE	JUNE	JUNE	JUNE	JULY
8	15	22	29	6	13	20	3	10	17	24	1

CITY PARK BANDSHELL, ROSE GARDEN ROSE, READING PA | MONDAYS, 1:00-2:00PM

CONTACT MADELINE BERMUDEZ | 610-208-4727



PennState Health
St. Joseph Medical Center

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