



60-Minute Fun Walk & Blood Pressure Screening

A doctor from Atrium Health Navicent
will answer health & nutrition questions.

When

1st Saturday of every month

Upcoming Dates

**January 6, February 3, March 2,
October 5 & November 2, 2024**

Registration begins at 8:45 a.m.

Walk begins at 9:00 a.m.

**April 6, May 4, June 1, July 6,
August 3 & September 7, 2024**

Registration begins at 7:45 a.m.

Walk begins at 8:00 a.m.

December 7, 2024

*Annual Reindeer Run 5K & Fun Run
benefiting Atrium Health Navicent
Beverly Knight Olson Children's Hospital.*

Open to All Ages!

*All you need are good walking shoes!
Walk at your own pace and distance.*

Location

Children's Playground (meeting place)
Amerson River Park
2600 Riverview Road
Macon, GA 31204

Contact

Mary Hoey, Walk Leader
Call: (478) 538-4046
Email: Mary.Hoey@AtriumHealth.org

Our "Walk with a Doc" chapter received the Macon Mobility Maker 2022 Business Award Winner



GEORGIA WELLNESS AND FITNESS FESTIVAL