

PRESENT

walk™ with a DOC

educate. exercise. empower.

A HEALTHY WALK AND AN EDUCATIONAL CHAT

FREE EVENT - ALL ARE WELCOME

Join EA Therapeutic Health, Rochester Parks & Recreation, and an area doctor to learn about health, take a walk, and meet new friends. You choose your distance and pace.

“Connecting with Nature: Benefits of Spending Time Outdoors”

Feature Speaker: McKenzie Ketcher, PT, DPT

Wednesday, May 8

Registration: 5:30-6:00 pm

Talk and Walk Begin: 6:00 pm

Location: Cascade Lake Park Picnic Shelter

88 23rd Ave SW, Rochester, MN



Questions?

Jill Harkness, Volunteer Coordinator, 507-259-7570 or Jill@ChooseEA.org