

Free Community Exercise and Learning Event

Everyone is welcome to join us for a walk at your own pace and distance. Healthy snacks and water provided.

Wear: The Month's Color Identified in the Chart Below

Time: All Events Begin at 9 AM

Location: To Be Determined Based on Weather

- **Methodist Plaza 1st Floor (4499 Medical Drive)**
- **Methodist Healthcare Ministries Pavilion (4507 Medical Drive)**

| Date | Topic | Doctor | Color |
|--------|--------------------------------------|-----------------------------|----------------------|
| Jan 13 | Cervical Cancer Awareness Month | Dr. Antonio Santillan-Gomez | Teal / White |
| Feb 3 | American Heart Month | Dr. Taylor Triana | Red |
| Mar 2 | Colorectal Cancer Awareness Month | Dr. Brano Djenic | Blue |
| Apr 13 | Parkinson's Disease Awareness Month | Dr. Juan Ramirez-Castaneda | Gray |
| May 4 | American Stroke Month | Dr. Adam Blanchette | Red |
| Jun 1 | National Health and Fitness Day | Dr. Kelly Morales | Blue |
| Jul 13 | Cleft / Craniofacial Awareness Month | Dr. Peter Wang | Purple |
| Aug 3 | Immunization Awareness Month (COVID) | Dr. Kenneth Nugent | Red / Yellow |
| Sep 7 | Childhood Cancer Awareness Month | Dr. Jose Esquilin | Gold |
| Oct 12 | Breast Cancer Awareness Month | Dr. Brittany DeBerry | Pink |
| Nov 9 | American Diabetes Awareness Month | Dr. Thomas Zgonis | Blue |
| Dec 7 | Influenza Awareness Month (Flu) | Dr. Jeffrey Jones | Lime Green / Fuchsia |

