

Walk with a Doc

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.

"Muscle Matters:
Tips to Prevent Age-Related Muscle Loss"

Feature Speakers:

Anthony Kilgore, M.D. and Autumn Dach, D.O.

Wednesday, September 11

Registration: 5:30-6:00 pm

Talk and Walk Begin: 6:00 pm

Cascade Lake Park 88 23rd Avenue SW, Rochester, MN 55902



Questions?

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