

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.

"Youth Physical Activity Guidelines"

Feature Speaker: Mary Lynch, M.D.

Wednesday October 9

5:00-5:30 pm: Registration
5:30 pm: Featured Speaker
5:40 pm: Walk Begins

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

Future walks will be held on the second Wednesday of every month.



Questions?

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