

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.

"Goal Setting and Building Healthy Habits"

Feature Speaker: Annie Waniger, M.D.

Saturday, January 4: 9:45-10:00 am: Registration
 10:00 am: Featured Speaker
 10:15 am: Indoor Walk Begins

Rochester Regional Sports Center/RCTC
851 30th Ave SE Rochester, MN



Questions?

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