

# 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.

## Gracefully Aging: Exercise, Diet and Overall Wellbeing

**Feature Speaker: Tyler Bendrick, M.D.**

**Saturday, February 1:** 9:45 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](mailto:Jill@ChooseEA.org)