



Grundy County  
Memorial Hospital  
UnityPoint Health

# walk with a DOC



Join local health care providers for a 30-minute walk at NOON on the second Wednesday of each month, May through November! This free, public walking program lets you get your steps in while having your health questions answered. Lace up your shoes, enjoy the fresh air, and experience the benefits of walking!

**Wednesday, May 14: Dr. Eric Neverman**

**Wednesday, June 11: Dr. Maggie Hefner**

**Wednesday, July 9: Dr. Samantha Bissen**

**Wednesday, August 13: Dr. Eric Neverman**

**Wednesday, September 10: Dr. Maggie Hefner**

**Wednesday, October 8: Dr. Samantha Bissen**

**Wednesday, November 12: Diabetes Awareness Walk**

*This walk will be led by GCMH Dietitians in support of Diabetes Awareness Month.*

All walks will begin at GCMH Entrance 2 (UnityPoint Family Medicine - Grundy Center Entrance).  
We will complete a loop together around the hospital on our NEW walking path!