

# 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.

## Topic: Strategies to Maintain and Improve Brain Health

**Featured Speaker: Nathan Young D.O.**

**Tuesday, June 17**

5:30 pm Registration Begins

6:00 pm Featured Speakers

6:15 pm Outdoor Walk Begins

Cascade Lake Park Picnic Shelter  
88 23rd Avenue SW Rochester, MN



## Questions?

Jill Harkness, Volunteer Coordinator, 507-259-7570 or [Jill@ChooseEA.org](mailto:Jill@ChooseEA.org)