

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: Brain Training 101
Boost Your Physical Health Through a Renewed
Focus on Brain Health

Featured Speaker: Melanie Brennan, PT, DPT
Tuesday, October 21

4:30 pm Registration Begins

5:00 pm Featured Speakers

5:15 pm Outdoor Walk Begins

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



EA Therapeutic Health 507-259-7570 or Info@chooseea.org