



**3RD SATURDAY OF EVERY
MONTH AT 9:00 AM
CHRIS LARSEN PARK
1280 LARSEN PARK RD, SIOUX CITY
MEET AT THE PAVILION NEAR BB COURTS**

JOIN US FOR WALK WITH A DOC!

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health and meet new friends. The events are free and open to everyone!



UnityPoint Health
Sioux City

More information:



walkwithadoc.org/join-a-walk/locations/sioux-city-ia/

2026 OUTDOOR WALK DATES:

APR 18
MAY 16
JUNE 20

JUL 18
AUG 15

SEPT 19
OCT 17



Dr. DJ Todt, Physician Leader