

walk[®] WITH a DOC



60-Minute Fun Walk

A doctor from Atrium Health Navicent
will answer health & nutrition questions.

When

1st Saturday of every month

Upcoming Dates

**January 3, February 7, March 7,
October 3 & November 7, 2026**

Registration begins at 8:45 a.m.

Walk begins at 9:00 a.m.

**April 4, May 2, June 6, July 4,
August 1 & September 5, 2026**

Registration begins at 7:45 a.m.

Walk begins at 8:00 a.m.

December 5, 2026

Join us for the Annual Reindeer Run 5K &
Fun Run benefiting Atrium Health
Navicent Levine Children's Beverly Knight
Olson Children's Hospital

Open to All Ages!

*All you need are good walking shoes!
Walk at your own pace and distance.*

Location

Children's Playground (meeting place)
Amerson River Park
2600 Riverview Road
Macon, GA 31204

Contact

Mary Hoey, Walk Leader

Call: (478) 538-4046

Email: mary.hoey@advocatehealth.org

Our "Walk with a Doc" chapter received the Macon Mobility Maker 2022 Business Award Winner



GEORGIA WELLNESS AND FITNESS FESTIVAL