



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.

## 2026 WALK WITH A DOC SCHEDULE

Wednesday, May 13: Dr. Maggie Hefner

Wednesday, June 10: Dr. Samantha Bissen

Wednesday, July 8: Dr. Samantha Bissen

Wednesday, August 12: Dr. Eric Neverman

Wednesday, September 9: Dr. Eric Neverman

Wednesday, October 14: Dr. Maggie Hefner

Wednesday, November 11: National Diabetes Month

This walk will be led by GCMH Dietitians.

All walks will begin at GCMH Entrance 2 (UnityPoint Family Medicine - Grundy Center) and follow the hospital's LiveWell Loop.

Lace up your shoes, enjoy the fresh air,  
and experience the benefits of walking!



Visit [gcmh.link/WWAD](https://gcmh.link/WWAD) to learn  
more about upcoming walks.

 **Grundy County  
Memorial Hospital**  
UnityPoint Health

[grundycounty.unitypoint.org](https://grundycounty.unitypoint.org)  
201 East J Avenue, Grundy Center, Iowa, 50638