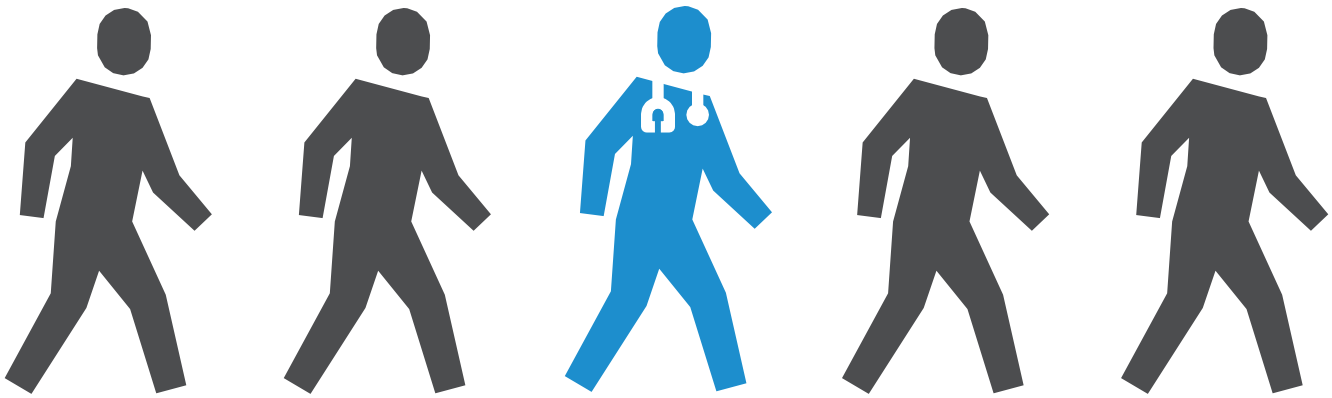


WALK WITH A DOC

Join us each month for Walk with a Doc/Walk with a Future Doc, a program that gives you the opportunity to ask medical questions, engage with a doctor and have fun learning how to stay healthy. This is a free monthly program. All ages welcome.

Date: Every third Wednesday of each month

Time: Fitness activity 9:00 - 10:00 AM
Presentation 10:00 - 11:00 AM

Location: Baylor Scott & White Health and Wellness Center at Juanita J. Craft Recreation Center
4500 Spring Avenue
Dallas, TX 75210

Program leader:
Lydia R. Best, MD
Medical Director

For more information
Andrea.Hayes@BSWHealth.org
214.865.3068

2027 dates: January 20
February 17
March 17
April 21
May 19
June 16
July 21
August 18
September 15
October 20
November 17
December 15

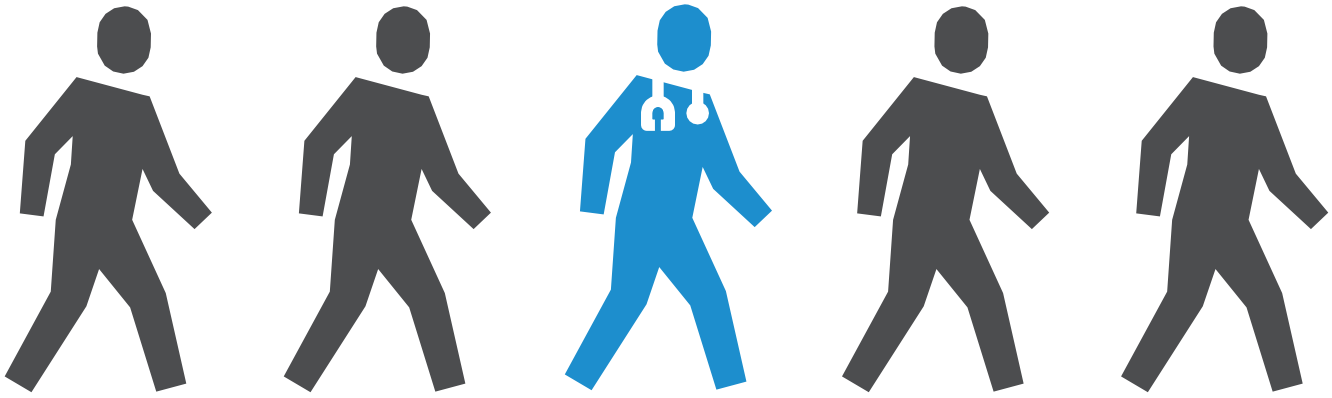
Special event dates:
April 10 – Health + Fitness Festival & Expo 10:00 AM – 2:00 PM

Baylor Scott & White HEALTH AND WELLNESS CENTER AT JUANITA J. CRAFT RECREATION CENTER DALLAS

WALK WITH A DOC educate. exercise. empower.

TEXAS MEDICAL ASSOCIATION

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CAMINE CON UN DOCTOR

Acompáñenos cada mes para Caminar con un Doctor/Caminar con un Futuro Doctor, un programa que le da la oportunidad de hacer preguntas médicas, interactuar con un doctor y divertirse aprendiendo cómo mantenerse saludable. Este es un programa mensual gratuito. Todas las edades son bienvenidas.

Fecha: Cada tercer miércoles de cada mes

Hora: Actividad física 9:00 - 10:00 AM
Presentación 10:00 - 11:00 AM

Lugar: Baylor Scott & White Health and Wellness Center at Juanita J. Craft Recreation Center
4500 Spring Avenue
Dallas, TX 75210

Program leader:
Lydia R. Best, MD
Directora médica

Fechas de 2027:
20 de enero
17 de febrero
17 de marzo
21 de abril
19 de mayo
16 de junio
21 de julio
18 de agosto
15 de septiembre
20 de octubre
17 de noviembre
15 de diciembre

Para mayor información
Andrea.Hayes@BSWHealth.org
214.865.3068

Fechas de eventos especiales:
10 de abril – Festival y Exposición de Salud y Fitness
10:00 AM – 2:00 PM

Baylor Scott & White HEALTH AND WELLNESS CENTER AT JUANITA J. CRAFT RECREATION CENTER DALLAS

WALK WITH a DOC educate. exercise. empower.

TEXAS MEDICAL ASSOCIATION

Los médicos proporcionan servicios clínicos como miembros del personal medico de una subsidiaria, un centro medico comunitario o un centro afiliado de Baylor Scott & White Health y no proporcionan servicios clínicos como empleados o representantes de dichos centros médicos ni de Baylor Scott & White Health. ©2026 Baylor Scott & White Health.