



This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is FREE and all are welcome!



## Join your friends on the Greenbelt for a Walk with a Doc!

These wellness walks are organized by Capital Area Greenbelt Association, Penbrook Borough Walk With A Doc, and Dauphin County Parks & Recreation Department as part of the PA Department of Conservation and Natural Resources September Walk With A Doc initiative. Part of the Park Rx series of programs sponsored by Highmark Blue Shield.

**Wednesday, September 8, 2021, 6:00-7:30 PM**

Meet at Penbrook Community Park

**REGISTER:** <https://dauphin-county-parks--recreation.ticketleap.com/walk-with-a-doc-in-penbrook/>

**Saturday, September 18, 2021, 9:00-10:30 AM**

Meet at Fort Hunter Park by the Heckton Church  
5300 North Front Street, Harrisburg, PA 17110

**REGISTER:** <https://dauphin-county-parks--recreation.ticketleap.com/walk-with-a-doc-at-fort-hunter/>

The walks are approximately three-miles, or for those who prefer a shorter trek, a half-mile walk will be available. These are rain or shine events! The walks are free, but Dauphin County Parks and Recreation requires attendees to pre-register for the event at the URLs above.

Bring your own water and snacks if desired and wear proper shoes for walking.  
See you at the park!

**Questions?** Contact Nancy Gates, Dauphin County Parks & Rec at 717-599-5188, ext. 2113