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TAKE A STEP Toward Better Health

Join us for Walk with a Doc! These doctor-led walking groups are a fun and safe place to get some steps, learn about health, and meet new friends. The events are FREE and all are welcome!



Scan the QR code or visit <u>walkwithadoc.org/columbus</u> for dates and locations.

www.walkwithadoc.org | contact@walkwithadoc.org | 614-714-0407