Start a Walk with a Doc program and help your community take a *STEP* toward better health! Our turnkey program is an all-in-one prescription for a healthy life:

- **Walk with your patients & community members** (at least once per month)
- **Empower participants by sharing tips for healthy living**
- **Build relationships and foster social connections**
- **Improve physical & mental health by spending time in nature**

Scan the QR code or visit WALKWITHADOC.ORG for more information