

Saturday May 19, 2018

Ochsner Clinic

Covington, Louisiana

Registration 8:00 -8:30am



 Ochsner North Shore

Dr Timothy Riddell

Primary Care/Family
Medicine/Sleep Disorders

walk WITH a DOC

educate. exercise. empower.

Have fun and join us for a healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc.

It's a great way to get out, get active, and enjoy good conversation. Walk your own pace and distance. See you on [insert date here], and bring a friend to this free community event!

Sign up to walk on Operation Outreach

<http://at.ochsner.org/community/operationoutreach/>

"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."

-David Sabgir, M.D.