

# walk WITH a DOC

educate. exercise. empower.

## December 5, 2018

Boggy Creek Greenbelt  
Conley Pavilion, 1000 Nile St.  
**FREE Snacks, Water & Giveaways!**

**8:30am** – Blood pressure checks & cholesterol screenings

**9:00am** – Featuring, Health Coach and Registered Dietician, Tracy Beeman

**9:05am** – Walk the trail



WWAD Texas is funded by a grant from TMA Foundation with major support from BCBSTX, TMAIT, and Prudential.



The City of Austin is proud to comply with The Americans with Disabilities Act. If you require assistance with our program or use of our facilities, please call us at (512)974-3914.