



*"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.



**Thursday, Aug. 15th • 4:30pm – 6:00pm**  
**Springfield Health Center, 100 River Street**  
**(Meet at Lab entrance – 1<sup>st</sup> floor)**

Dr. Scott Durgin, Lifestyle Medicine Physician  
invites you to

# 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 July 11th, and bring a friend to this free community event!

For more information, contact Laura Jensen at the  
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802-886-8928

