



THERAPEUTIC  
HEALTH

&



ROCHESTER  
PARKS &  
RECREATION  
GO. PLAY. EXPLORE.

PRESENT



## A HEALTHY WALK AND AN EDUCATIONAL CHAT

### FREE EVENT - ALL ARE WELCOME

Join ExercisAbilities, Rochester Parks & Recreation, and an area doctor to learn about health, take a walk, and meet new friends. You choose your distance and pace.

**The Link Between Dietary Choices and Chronic Diseases**

**Feature Speaker: Andrew Alexander M.D.**

**Saturday, November 5**

10:00-10:10 am Registration

10:10 am Talk and Walk begin

**Location:** Apache Mall, Rochester, MN  
Meet at the Apache Mall Food Court.



### Questions?

Jill Harkness, Volunteer Coordinator, 507-259-7570 or [jill@exercisabilities.org](mailto:jill@exercisabilities.org)