

PRESENT

walk™ with a
DOC
educate. exercise. empower.

A HEALTHY WALK AND AN EDUCATIONAL CHAT

FREE EVENT - ALL ARE WELCOME

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

How Much Exercise is “Enough”?

Feature Speaker: Michael Joyner, M.D.

Saturday, April 1

Registration: 10:10-10:15 am

Talk and Walk Begin: 10:15 am

Location: Apache Mall, Rochester, MN

Meet at the Apache Mall Food Court. Mall exterior doors open at 10:00 am



Questions?

Jill Harkness, Volunteer Coordinator, 507-259-7570 or Jill@ChooseEA.org