

PRESENT

walk™ with a DOC

educate. exercise. empower.

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 Benefits of Exercise to Lessen Depression and Anxiety
Feature Speaker: Kathy Lombardo M.D.

Saturday, December 3

10:10-10:15 am Registration

10:15 am Talk and Walk begin

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