



EXERCISABILITIES &



ROCHESTER  
PARKS &  
RECREATION  
GO. PLAY. EXPLORE.

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.

### Outdoor Exercise: A Key to Stress Relief

Feature Speaker: Elora Koepcke, PT, DPT

**Tuesday, July 12 , 2022**

5-5:30 p.m. – Registration

5:30 p.m. – Walk begins

**Cascade Lake Park**

88 23rd Avenue SW

Rochester, MN 55902

Future walks will be held on the second Tuesday of every month.



### Questions?

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