

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.

**“The Connection Between Physical Activity and Brain Health”
Feature Speaker: Eugene Scharf, M.D.**

Thursday, October 5

Registration: 4:45-5:15 pm
Talk and Walk Begin: 5:15 pm

Location: Cascade Lake Park
88 23rd Avenue SW, Rochester, MN



Questions?

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