



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.

The Benefits of Movement and Managing Back Pain Feature Speaker: Brandon Smith M.D.

Tuesday, October 11
4:30-5:00 p.m. – Registration
5:00 p.m. – Walk begins

Cascade Lake Park
88 23rd Avenue SW
Rochester, MN 55902

Check our website at www.exercisabilities.org for the winter schedule.



Questions?

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