

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 Benefits of Lifestyle Medicine”
Feature Speaker: **Brandon Johnson, M.D.**

Thursday, September 7

Registration: 5:30-6:00 pm
Talk and Walk Begin: 6:00 pm

Location: Cascade Lake Park

88 23rd Avenue SW, Rochester, MN



Questions?

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