



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.

Physical Activity and Dieting Myths

Feature Speaker: Rio Bentley, PT, DPT

Tuesday, Sept 13, 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