

# Educate. Exercise. Empower.

wALK WITH a  
DOC

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.<sup>1</sup>

Join your doctor and other people looking to improve their health at the next Walk with a Doc event.

**Time: Monday January 21st at 3:00PM**

**Location: Fountains at Farah (Meeting at the Splash Pad)**

**Lead Physician: Dr. Kronfol**

**Powered by: El Paso Pediatric Associates**



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<sup>1</sup>American Heart Association, americanheart.org

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