



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.¹

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

Time: May 19th at 10:00AM

Location: Westside Community Park (in front of the Rec Center)

Lead Physician: Dr. Craig

Powered by: El Paso Pediatric Associates

WALKwitha**DOC.org**

¹American Heart Association, americanheart.org

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