



Take a Step to a Healthier You!



Walking can...

- Keep your joints healthy
- Manage your weight
- Improve your mood
- Reduce stress
- Lower your blood pressure
- Strengthen your heart
- Improve memory
- Strengthen your bones

Have fun and join us for a FREE healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc. It's a great way to get out, get active, and enjoy good conversation. Walk your own pace and distance.

UPCOMING WALKS

LIBERTY PARK – 600 E 900 S, Salt Lake City

Enter from north side of park, meet by tennis courts near kids' play area. Rain or shine.

Monday, June 3, 2019 at 6pm

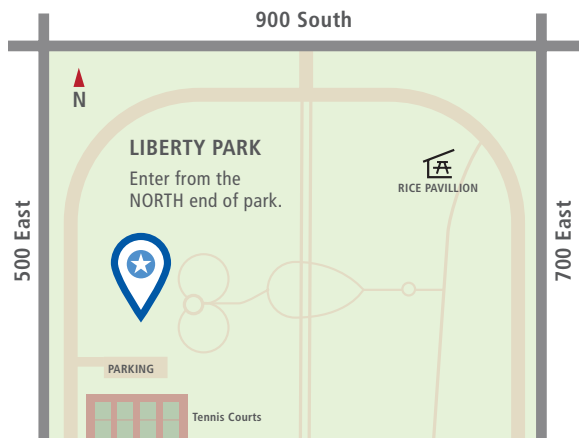
Monday, July 1, 2019 at 6pm

Monday, August 5, 2019 at 6pm



Lucinda Myers, MD

Physical Medicine & Rehabilitation



To find additional Walk With a Doc times and locations nearest you, visit

IntermountainHealthcare.org/WWAD

