

walk[®] WITH a DOC



60-Minute Fun Walk & Blood Pressure Screening

A doctor from Atrium Health Navicent
will answer health & nutrition questions.

When

1st Saturday of every month

Upcoming Dates

**January 7, February 4, March 4,
October 7 & November 4, 2023**

Registration begins at 8:45 a.m.

Walk begins at 9:00 a.m.

**April 1, May 6, June 3, July 1,
August 5 & September 2, 2023**

Registration begins at 7:45 a.m.

Walk begins at 8:00 a.m.

December 2, 2023

*Annual Reindeer Run 5K & Fun Run
benefiting Atrium Health Navicent
Beverly Knight Olsen Children's Hospital.*

Open to All Ages!

*All you need are good walking shoes!
Walk at your own pace and distance.*

Location

Amerson River Park
2600 Riverview Road
Macon, GA 31204

Contact

Mary Hoey, Walk Co-Leader

Call: (478) 538-4046

Email: Mary.Hoey@AtriumHealth.org

Current CDC COVID-19 Guidelines:

All walkers are required to adhere to the CDC
Covid-19 guidelines.

Our "Walk with a Doc" chapter is the Macon Mobility Maker 2022 Business Award Winner!

