



FOR: _____ DATE: _____

FOR: _____ DATE: _____

Rx

Rx

DIRECTIONS

DIRECTIONS

Join me and other local healthcare professionals for a walk in the park. This innovative, free walking is open to everyone! Lace up your favorite shoes and enjoy fresh air, good company and all the benefits that come from walking with a doc.

Join me and other local healthcare professionals for a walk in the park. This innovative, free walking is open to everyone! Lace up your favorite shoes and enjoy fresh air, good company and all the benefits that come from walking with a doc.

For information on time and location, visit us at: www.walkwithadoc.org.

For information on time and location, visit us at: www.walkwithadoc.org.

SPECIAL INSTRUCTIONS	
Dosage: 30 Minutes	Refills: Daily

SPECIAL INSTRUCTIONS	
Dosage: 30 Minutes	Refills: Daily

_____ Signature

_____ Signature



FOR: _____ DATE: _____

FOR: _____ DATE: _____

Rx

Rx

DIRECTIONS

DIRECTIONS

Join me and other local healthcare professionals for a walk in the park. This innovative, free walking is open to everyone! Lace up your favorite shoes and enjoy fresh air, good company and all the benefits that come from walking with a doc.

Join me and other local healthcare professionals for a walk in the park. This innovative, free walking is open to everyone! Lace up your favorite shoes and enjoy fresh air, good company and all the benefits that come from walking with a doc.

For information on time and location, visit us at: www.walkwithadoc.org.

For information on time and location, visit us at: www.walkwithadoc.org.

SPECIAL INSTRUCTIONS	
Dosage: 30 Minutes	Refills: Daily

SPECIAL INSTRUCTIONS	
Dosage: 30 Minutes	Refills: Daily

_____ Signature

_____ Signature