

STONY BROOK FAMILY & PREVENTATIVE MEDICINE PRACTICE
-AND- LIFESTYLE MEDICINE INTEREST GROUP

PRESENT

WALK WITH A DOC & FUTURE DOC

FREE & WELCOME TO ALL AGES & ABILITIES | WALK YOUR OWN PACE & DISTANCE

LOCATION: VIRTUAL

ZOOM

11 AM -12 PM

NEXT WALK: SUNDAY, NOVEMBER 15, 2020

MEETING ID: 980 0065 9898

PASSWORD: peaker

[https://stonybrook.zoom.us/j/98000659898?](https://stonybrook.zoom.us/j/98000659898?pwd=VEx6MUy4N3N2OHNmZE5DQit1ZjFzQT09)

[pwd=VEx6MUy4N3N2OHNmZE5DQit1ZjFzQT09](https://stonybrook.zoom.us/j/98000659898?pwd=VEx6MUy4N3N2OHNmZE5DQit1ZjFzQT09)

THIS DOCTOR-LED EVENT IS A FUN & SAFE SPACE TO GO FOR A WALK,
LEARN ABOUT HEALTH, & MEET NEW FRIENDS!

WE WILL WALK IN OUR OWN AREAS - PLEASE MAKE SURE YOU HAVE
CONNECTIVITY TO USE ZOOM AND ARE WALKING IN AN AREA THAT WILL
HAVE GREAT CONNECTION. THIS WILL BE A RAIN OR SHINE EVENT.

SILVANA OBICI, MD, WILL GIVE A TALK ENTITLED, "GOOD CARBS/BAD
CARBS, BEST CHOICES FOR FUELING UP AT BREAKFAST." AFTER THE
BRIEF TALK, WE WILL WALK FOR APPROXIMATELY A HALF HOUR. WALK
WITH A DOC IS A NATIONAL PROGRAM ENCOURAGING OUTDOOR
EXERCISE FOR HEALTH.

For more information, please contact Dr. Ursula
Landman: ursula.landman@stonybrookmedicine.edu



Stony Brook
Medicine