



FOR: _____ DATE: _____

FOR: _____ DATE: _____

Rx

Rx

DIRECTIONS

DIRECTIONS

Walking is one of the best things we can do for our health, so join me for a walk! This doctor-led walking program is a safe, fun, and FREE place to get some steps, meet new friends and learn about nutrition, like how heart-healthy, fresh avocados provide naturally good fats and are cholesterol-, sugar- and sodium- free.

Walking is one of the best things we can do for our health, so join me for a walk! This doctor-led walking program is a safe, fun, and FREE place to get some steps, meet new friends and learn about nutrition, like how heart-healthy, fresh avocados provide naturally good fats and are cholesterol-, sugar- and sodium- free.

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

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

For more information about the health benefits of avocados, visit www.LoveOneToday.com/walk

For more information about the health benefits of avocados, visit www.LoveOneToday.com/walk

SPECIAL WALKING INSTRUCTIONS

Dosage: 30 minutes
Refills: Daily

SPECIAL WALKING INSTRUCTIONS

Dosage: 30 minutes
Refills: Daily

Signature

Signature



FOR: _____ DATE: _____

FOR: _____ DATE: _____

Rx

Rx

DIRECTIONS

DIRECTIONS

Walking is one of the best things we can do for our health, so join me for a walk! This doctor-led walking program is a safe, fun, and FREE place to get some steps, meet new friends and learn about nutrition, like how heart-healthy, fresh avocados provide naturally good fats and are cholesterol-, sugar- and sodium- free.

Walking is one of the best things we can do for our health, so join me for a walk! This doctor-led walking program is a safe, fun, and FREE place to get some steps, meet new friends and learn about nutrition, like how heart-healthy, fresh avocados provide naturally good fats and are cholesterol-, sugar- and sodium- free.

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

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

For more information about the health benefits of avocados, visit www.LoveOneToday.com/walk

For more information about the health benefits of avocados, visit www.LoveOneToday.com/walk

SPECIAL WALKING INSTRUCTIONS

Dosage: 30 minutes
Refills: Daily

SPECIAL WALKING INSTRUCTIONS

Dosage: 30 minutes
Refills: Daily

Signature

Signature