

# walk WITH a DOC

educate. exercise. empower.

We celebrated our one-year WWAD anniversary in January and we continue to celebrate every month that we're welcoming new physicians, new community groups and more patients to our walks. We're so grateful to all of the providers who join us and participate in the often-lively discussions about our walkers' health issues.

Some recent highlights...

Neighbors Cardiologist Dr. Ananth Prasad and Nephrologist Dr. Fadi Abouzahr ribbed each other about which specialty is better at managing their patients' hypertension.

Interventional Cardiologist and Walk with a Doc Physician Champion Dr. Jorge Alvarez answered pointed questions about the health benefits of moderate alcohol consumption.

And in what was the possibly the cutest colon cancer screening presentation EVER, Colorectal Surgeon Dr. Mike Keller and his children did a Q&A that captivated and delighted the crowd.

Our new friends at the Mayor's Fitness Council were so impressed with our walks that they featured us in a video. You can check it out on [facebook.com/cardiologyclinic](https://www.facebook.com/cardiologyclinic) where you'll also find the latest details about our walks and guest speakers.

