

justwalk

a WALK with a
DOC program

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels. It can also elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.

Join your doctor and other people looking to improve their health at the next Walk With A Doc event.

2018 SATURDAY DATES & TIMES:

May 12, 2018
June 9, 2018

July 14, 2018
August 11, 2018

September 8, 2018
October 13, 2018

Registration: 7:30 - 8 am | Walk Starts: 8 am

LOCATION:

Troy Farmers Market

(Meet near the Uncle Sam Statue and walk in River Front Park)

Walk With A Doc program brought to you by:



Walk With A Doc Physician Advisors



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Use your smartphones QR reader and scan the barcode for more information on Walk With A Doc!

For more information, call (518) 833-6479



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