Regular exercise is associated with improved outcomes in many disease states as well as improved overall mortality. Older adults may also see benefits in decreased falls and slowed cognitive decline. Benefits can be seen even when physical activity is started later in life. Fewer than 1/4 of older adults meet current activity recommendations. Walk with a Doc (WWAD) is a national community outreach organization committed to encouraging physical activity in people of all ages. We started a WWAD chapter for seniors in partnership with Kavod Senior Life, utilizing a multidisciplinary approach and emphasis on personal goal setting. A multidisciplinary approach with the well-established mission of WWAD has received strongly positive results. A well-structured program to increase physical activity by promoting regular exercise and improving health literacy could have significant benefits. We recruited participants from 2 geriatric clinics, and from Kavod independent and assisted living. Twice-monthly walks over ten months led by attending, fellow and resident physicians, PharmDs, pharmacy residents, medical, PT and pharmacy students. A geriatric topic presentation (Table 1), followed by a 30-minute group walk and discussing common concerns to encourage feedback on physical activity and education. Participants were recruited from 2 geriatric clinics, and from Kavod independent and assisted living. Participants were encouraged to set personal goals, with the well-established mission of WWAD, and improve their overall activity level. The participants set and achieved their personal activity goals. The weekly walks have been well attended, and the feedback has been positive. The participants have improved their overall health and wellness through the walking program. The feedback from the participants has been overwhelmingly positive. The program has helped participants set and achieve their personal goals, and improve their overall health and wellness. The walking program has been well attended, and the feedback has been positive. The participants have improved their overall health and wellness through the walking program. The feedback from the participants has been overwhelmingly positive.

**BACKGROUND**

The investigators received full independence in the conduct of this research. The research reported on this poster was supported by University of Colorado, WWAD and Kavod Senior Life.

**METHODS**

We trained 2000 older adults in Colorado and Arizona. We used a professional, pharmacist-trained, and pharmacy resident-led education program to encourage physical activity among older adults. The program was designed to help older adults set and achieve their personal goals, with the well-established mission of WWAD. The program was designed to help older adults set and achieve their personal goals, with the well-established mission of WWAD. The program was designed to help older adults set and achieve their personal goals, with the well-established mission of WWAD.

**RESULTS**

17 participants completed ≥3 walks
41 participants completed ≥1 walk
60 surveys were completed
75% of participants were female
25% were age 85 or older
41% of participants were female
31% were age 65 or older
75% of participants were female
60 surveys were completed.

**CONCLUSIONS**

An interdisciplinary approach with the well-established mission of WWAD has received strongly positive results. A well-structured program to increase physical activity by promoting regular exercise and improving health literacy could have significant benefits. Fewer than 1/4 of older adults meet current activity recommendations. Walk with a Doc (WWAD) is a national community outreach organization committed to encouraging physical activity in people of all ages. We started a WWAD chapter for seniors in partnership with Kavod Senior Life, utilizing a multidisciplinary approach and emphasis on personal goal setting.