

# **WALK WITH A DOC**

**MAY IS MENTAL HEALTH AWARENESS MONTH**

**DRS LUIS & ANDREA ESPINOZA**

**Will "step into" the topic of how  
WALKING,**

**SOCIAL CONNECTEDNESS**

**AND SUNSHINE play an**

**important role in decreasing the**

**risk of depression and may**

**impact HOW we relate to each**

**other in this world.**

**REGISTER HERE**



**SATURDAY, MAY 7, 2022 @ 9 AM**

**PONTIFF PARK**

**SHELTER 1**

***Bring your water, energy and questions!***