

Educate. Exercise. Empower.

wALK WITH a
DOC

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, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.¹

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

Time: Saturday, January 18th at 12:30PM

Location: Fountains at Farah (Meeting at the Splash Pad)

Lead Physician: Dr. Kronfol

Powered by: El Paso Pediatric Associates



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¹American Heart Association, americanheart.org

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