

JOIN Dr. Scott Durgin FOR A WALK



WHO: Dr. Scott Durgin

WHAT: A FREE 60 MINUTE WALK WITH THE DOC.
WALK YOUR OWN PACE AND DISTANCE

WHEN: May 15th from 5:30 pm to 6:30 pm

WHERE: North Springfield Dam – Maple Street Parking Lot

WHY: DID YOU KNOW JUST 30 MINUTES
OF WALKING A DAY CAN:

- Increase your energy
- Help you sleep better
- Increase productivity
- Make you feel happier within just 10 minutes

See 96 more reasons at www.walkwithadoc.org/why-walk/
<http://walkwithadoc.org/our-locations/springfield-vt/>

walk with a DOC

Take a **STEP** toward better **HEALTH**



WALKwithaDOC.org