



BIOS

Dr. David Sabgir

Founding CEO, Board President, Cardiologist

David Sabgir, M.D., a Columbus, Ohio, native and cardiologist, founded Walk with a Doc in 2005 after becoming frustrated by his inability to affect behavior change in a clinical setting. Walk with a Doc started as David realized how critical physical activity was for his patients and how much it was lacking. Many years later, Dr. Sabgir continues to personally invite his patients to walk alongside him as a Walk with a Doc leader.

David has been honored to be a CNN Hero, and to see Walk with a Doc featured in print and broadcast media all over the world. The Walk has evolved to focus on not only physical activity but nature, social connectedness, and education.

He absolutely loves Walk with a Doc and sees it as a critical next step in the care of our communities.

Rachael Habash

Chief Operating Officer

Rachael Habash joined Walk with a Doc in 2014 and was attracted to the prospect of utilizing her professional experience as a leader, resource manager and program innovator, while encouraging healthy physical activity.

During her time, Habash has grown Walk with a Doc from 112 communities to over 520 communities in 48 states and 28 countries. With that number still growing, her role as COO to expand organizational capacity, create growth and lead others toward health and happiness is more important than ever.

Habash grew up in Columbus, Ohio, and graduated from the University of Michigan.



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