



WEDNESDAY, JUNE 15 | 5:30 - 6:30 PM

5 SENSES GARDEN - HARRISBURG

DR. BOB LITTLE

TOPIC: MENTAL HEALTH

TUESDAY, JULY 12 | 5:30 - 6:30 PM

CAPITAL AREA GREENBELT - MEET AT WILDWOOD PARK

DR. MACK RUFFIN

TOPIC: PHYSICAL ACTIVITY AND CANCER PREVENTION

THURSDAY, AUGUST 4 | 5:30 - 6:30 PM

VETERANS PARK TRAIL

DR. CHRISTINE BRUSSOCK

TOPIC: HOW TO TURN YOUR WALK INTO A WORKOUT

THURSDAY, SEPTEMBER 1 | 5:30 - 6:30 PM

PENBROOK PARK & PAXTANG PARKWAY

DR CAYCE ONKS

**TOPIC: BENEFITS OF STEP COUNTS | PHYSICAL ACTIVITY
& YOUR OVERALL HEALTH**



WEDNESDAY, SEPTEMBER 7 | 5:30 - 6:30 PM

ADDITIONAL DETAILS COMING SOON!

SATURDAY, OCTOBER 8 | 10:00 - 11:00 AM

WILDWOOD PARK

DR. RAMIN ZAND & CESAR VELASCO, BSN, RN, ASC-BC

TOPIC: STROKE PREVENTION

SATURDAY, NOVEMBER 5 | 10:00 - 11:00 AM

VETERANS PARK TRAIL

DR. BOB LITTLE

THURSDAY, DECEMBER 8 | 5:30 - 6:30 PM

LINGLESTOWN SQUARE HOLIDAY LIGHTS

DR. EVERETT HILLS

TOPIC: WALKING WITH BALANCE



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