

 **TAKE A STEP TOWARDS BETTER HEALTH**

 **8 AM- Registration and sign waivers**

 **8.15 AM- Brief health talk**

 **Followed by walk 2.2 miles( 1 loop in the park) or longer**

 **Followed by light breakfast**

* **WHAT:** Plano/Dallas residents of all ages are encouraged to lace up their walking shoes and join Supriya Thiru, MD, of Texas Institute for Neurological Disorders for Plano’s Walk With a Doc (WWAD) event. Feel free to bring your friends and family.
* **WHEN: Sunday, March 24, 2019 at 8:00 AM**
* **WHERE:** **Arbor Hills Nature Preserve**: 6701 W Parker Rd, Plano, TX 75093 (Meet in front of the children’s play area)
* **WHO:** Dr. Thiru and any community members interested in participating.
* **WHY:** Walking is the single best simple thing people can do to live a long, high-quality life. WWAD makes it easy by providing the time, place, motivation (a brief health information talk), and fellow participants for a fun walking experience.

