

WALK WITH US

SMCMA'S 2022 WALK WITH A DOC

Join us for our 2022 season of **Walk with a Doc**. This program provides the opportunity to chat with SMCMA physician volunteers about health and wellness, while enjoying some exercise in scenic locations around San Mateo County. People of all ages and fitness levels are invited to this free community health program.

All walks start at 10:00AM and last approximately one hour. All walkers receive complimentary bottled water and a healthy snack. Walks are scheduled every Saturday from April 23 through October 15, 2022 (except 5/28, 7/2, & 9/3) and you can walk as many times as you would like.

Dates & Locations

April 23

Burlingame: Anza Lagoon

April 30

San Mateo: Seal Point

May 7

Foster City: Shorebird Trail

May 14

Menlo Park: Bedwell Bayfront

May 21

San Mateo: Sawyer Camp Trail
(north end)

June 4

San Bruno: San Andreas Trail

June 11

Pacifica: Rockaway Beach

June 18

South San Francisco: Oyster Point

June 25

Belmont: Water Dog Lake

July 9

San Carlos: Big Canyon

July 16

Redwood City: El Corte de Madera
(open space preserve)

July 23

San Mateo: Sawyer Camp Trail
(north end)

July 30

Half Moon Bay: Pillar Point

August 6

Foster City: Shorebird Trail

August 13

Belmont: Water Dog Lake

August 20

South San Francisco: Oyster Point

August 27

Menlo Park: Bedwell Bayfront

September 10

Half Moon Bay: Pillar Point

September 17

San Bruno: San Andreas Trail

September 24

San Carlos: Pulgas Ridge
(open space preserve)

October 1

Redwood City: Purisma Creek
(open space preserve)

October 8

Burlingame: Anza Lagoon

October 15

San Mateo: Seal Point



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