

walk WITH a DOC



This fall, take a step toward better health!

Join local healthcare providers for this FREE, fun, walking program.
What better way to start your weekend than making strides toward a healthier lifestyle?

Every 2nd Saturday of the Month
9:00 – 10:00 AM

*Saturday, September 8th- Vermont Precision Tools, Swanton
Saturday, October 13th- 100 Acre Wood, Fairfax
Saturday, November 10th –Hard’ack, St. Albans
Saturday, December 8th- Missisquoi Wildlife Refuge, Swanton

We walk rain or shine, but may cancel in severe weather.

**Join us September 8th at American Heart Association’s 2018 Franklin County Heart Walk!*



At the Walk, you will:

- Learn about important health topics
- Build new friendships
- Enjoy an informal, relaxed and fun walk at your own pace

For more details, visit the
Wellness Event Calendar at
www.northwesternmedicalcenter.org



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Medical Center**

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