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| **Month** | **Date** | **Location** | **Time** | **Theme** | **Guest Speaker** |
| March | 3/6/2019 | Boggy Creek Greenbelt | 8:45am – 9:45am | Osteoporosis | Dr. Chiluvuri |
| April | 4/3/2019 | Boggy Creek Greenbelt | 8:45am – 9:45am | Stress Awareness Month | Mark Milligan, PT |
| May | 5/1/2019 | Boggy Creek Greenbelt | 8:45am – 9:45am | Fertility or Menopausal Symptoms | Dr. Moghadam |
| June | 6/5/2019 | Boggy Creek Greenbelt | 8:45am – 9:45am | Dementia | Dr. Chiluvuri |



**8:30am** – Free blood pressure and cholesterol screenings **9:00am** – Guest Speaker talks **9:05am** – Walk the trail

Walk with a Doc (WWAD) is a monthly health event held by the Parks and Recreation Department. WWAD connects health professionals with community members for short presentations on different health topics each month at a local park or trailhead.

**2019 Schedule**