



Your chance to  
**HELP SAVE**  
**874,000 LIVES**  
with just one hour a month



## WALKING CAN HELP PREVENT 6 OF THE TOP 11 CAUSES OF DEATH IN SAN FRANCISCO

According to the 2016 Community Health Needs Assessment.



lung cancer



heart failure



hypertension



colon cancer



dementia



diabetes

**Walk with a Doc makes it easy to do**  
something good for your community



*"The secret in caring for the patient is caring for the patient."  
~ Francis Peabody.*