

# WALK WITH A FUTURE DOC FAQ'S



## WHO CAN JOIN WALK WITH A FUTURE DOC?

Walkers and rollers of all ages, fitness levels and backgrounds are welcome and encouraged to attend these ongoing, free events-no registration necessary.

## WHAT HAPPENS DURING A WALK?

During a Walk with a Future Doc, the participating medical student begins with a brief discussion on a current health topic and then participants spend the rest of the hour enjoying a healthy walk and conversation.

## HOW OFTEN ARE THE WALKS?

Walk events occur weekly, bi-weekly or monthly in each community. Each partnering organization chooses a day/time that works best for the population they serve.

## WHY PARTICIPATE IN WALK WITH A FUTURE DOC?

We have 100 reasons to walk - reducing blood pressure, stimulating mental capacity, preventing diabetes and enriching social relationships to name a few. Check out the other 96 reasons [here!](#)

## ARE THERE SCHOLARSHIP OPPORTUNITIES?

To honor Dr. Annemarie Sommer's legacy a scholarship fund has been established from her generous gift. [Learn more.](#)

