



# BELIEVE IN BETTER

## WISDOM OF THE WALK

It's not magic that makes our Walk with a Doc work; It's the way we walk and talk that makes it magic. We offer Sun Lakes residents an opportunity to make a lasting difference in their lives by encouraging a new vision of active living.

*"It's not where you start, it's where you finish"*

8:30 REGISTRATION PV Tennis Pavilion - 9:00 DOC TALK - 10:00 DUTCH TREAT (optional) Breakfast PV Patio

### WALKING DATES BALANCE OF 2019

#### NOVEMBER 9 - DISCOVERY WALK

Your best years start now

#### DECEMBER 14 - FEET FIRST

We will help you get back on your feet

### 2020 WALKING SCHEDULE

We walk the second and fourth Saturday of January - May

#### JANUARY 11, 2020 - VISION

What is Computer Vision Syndrome?

#### JANUARY 25, 2020 - BLOOD DONOR

Why donate blood

#### FEBRUARY 8, 2020 - NUTRITION

Food is Medicine

#### FEBRUARY 22, 2020 - BRAIN INJURIES

Location predicts symptoms

#### MARCH 14, 2020 - COPD

Learn some of the most important predictors of the progression of COPD

#### MARCH 28, 2020 - HEART WALK

Life is why we walk

#### APRIL 11, 2020 - DONATE LIFE

114,000 are waiting for a transplant

#### APRIL 25, 2020 - STROKE

Preventable, Treatable, Beatable

#### MAY 9, 2020 - WALK WITH A DOC RELAY

Accept the Challenge

#### MAY 23, 2020 - TRAUMA

The power of transformation

SUMMER VACATION - July ~ August ~ September NO SCHEDULED WALKS

THE WALK . . . THE DOC . . . THE WISDOM . . . ITS ALL IN YOUR BACKYARD

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# BE A TREND-SETTER!

TIRED OF WALKING ALONE? LOOKING FOR A NEW WAY TO MOTIVATE YOURSELF AND OTHERS TO GET MOVING?

Join Walk with a Doc on the second or fourth Saturday from January - May 2020. Your very own Walking Club is a good way to expand your workout group - and help many people improve their heart health.

Once you take that first step you're on the way to an important destination - better health.

**THIS IS A NON COMPETITIVE FREE WALK AND AVAILABLE FOR ALL MOBILITIES.**

Physicians believe that WWAD:

- Empowers walkers to have healthier lifestyles
- Makes walkers more aware about their health
- Improves walkers' health measures and quality of life

Have fun and join us for a walk. You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk and conversation with a doc. It's a great way to get out, get active, and enjoy all the benefits that come from walking. Walk your own pace and distance. Bring a friend or find a friend at this free community event!

**SIT AND SUFFER OR MOVE AND MEND**



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