

Saturday, August 17, 2019

7:00-8:00 AM

Clayton Downing Middle School

5555 Bridlewood Blvd,

Flower Mound, TX 75028



Dr. Mona Dave and Dr. Kiran Harpavat
invite you to

walk WITH a DOC

educate. exercise. empower.

- Have fun and join us for a healthy 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 good conversation.
- Walk at your own pace.
- Bring a friend to this free community event!



Join Dr. Mona Dave and Dr. Kiran Harpavat

"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."

-David Sabgir, M.D.