

# Free Nature Walk at Heron's Head Park!

With Healthy Parks, Healthy People and Walk With A Doc

Join Dr. Elsa Tsutaoka at the Port of San Francisco's Heron's Head Park. Ask a medical-professional questions about your health and well-being and reap the benefits of nature as we walk along the beautiful San Francisco waterfront!

Where: Heron's Head Park - Jennings Street off Cargo Way  
When: 10 a.m. to Noon on the 4th Saturday of the Month



For more information, contact  
[HPHP@sfgov.org](mailto:HPHP@sfgov.org) or visit [sfrecpark.org/hphp](http://sfrecpark.org/hphp)

