



WALK WITH A DOC

Come Walk with a Doc and take a step towards better health. This is a FREE community program:

- Learn about a current health topic
- Walk and talk with a local doc
- FREE blood pressure checks
- FREE giveaways
- FREE refreshments



Join Dr. Nelson Trujillo,
Board-Certified Cardiologist
along with other guest Boulder
Community Health physicians.

Attend 3 walks and get a pedometer*
Attend 4 walks and receive a shirt*

**While supplies last*

Time:

**All walks are from
8:00 – 9:00 am**

Dates:

January 12

**How Lifestyle Medicine Can
Keep You Well**

**Dr. Andrew McBride with
Boulder Creek Family Medicine**
East Boulder Community Park
5560 Sioux Drive in Boulder

February 9

Heart Health and Plant-Based Foods

Dr. Nelson Trujillo with Boulder Heart
Flatiron Crossing Mall
Food Court, Main Level
1 West Flatiron Crossing Drive
in Broomfield

**For more details, visit
bch.org/walkwithadoc**

SPONSORED BY:

