



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.

For more details, visit bch.org/walkwithadoc

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Time:

8:00 – 9:00 a.m. for all walks

Dates:

July 13

Remaining Active When You Have a Heart Condition

Dr. Nelson Trujillo, Boulder Heart

North Boulder Park
2848 9th Street in Boulder

August 10

Staying Hydrated for Better Health

Dr. Jeff Carter, BCH Hospitalist

Harlow Platts Park
1360 Gillaspie Drive in Boulder

September 14

Walking & Bone Strength

Dr. Karin Vanbaak, CU Sports Medicine and Performance Center

Tom Watson Park/Coot Lake
6180 63rd Street in Boulder

October 12

Shortness of Breath: Causes and Risk Factors

Dr. S. Clark Bergard, Boulder Valley Pulmonology
East Boulder Community Park
5660 Sioux Drive in Boulder

Attend 3 walks and get a pedometer*

Attend 4 walks and receive a shirt*

**While supplies last*

The BCH Walk with a Doc program is made possible by the BCH Foundation