



walk WITH a DOC

Boulder Community Health

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*

For more details, visit
bch.org/walkwithadoc

Time:

8:00 - 9:00 a.m. for all walks

Dates:

March 9

Pointers for Preventing Infections
Dr. Amie Meditz with Beacon Center for Infectious Diseases and Dr. Chris Zielenski with Clinical Pharmacy
North Boulder Park
2848 9th Street in Boulder

April 13

New Ways of Assessing Heart Disease
Dr. Nelson Trujillo with Boulder Heart
Harlow Platts Park
1360 Gillaspie Drive in Boulder

May 11

Preventing Skin Cancer and Melanoma
Dr. Thomas Casey Gallagher with Boulder Valley Center for Dermatology
Tom Watson Park/Coot Lake
6180 63rd Street in Boulder

June 8

Tips to Optimize Your Doctor Visits
Dr. Elizabeth Cruse with Internal Medicine Associates at Buffalo Ridge
East Boulder Community Park
5660 Sioux Drive in Boulder

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