



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**](http://bch.org/walkwithadoc)

Time:

8:00 – 9:00 a.m. for all walks

Dates:

November 9

Joint Health and Staying Active

Dr. Jason Glowney

North Boulder Park
2848 9th Street in Boulder

December 14

Cold Weather and Your Heart

Dr. Nelson Trujillo

Harlow Platts Park
1360 Gillaspie Drive in Boulder

Attend 3 walks and get a pedometer*

Attend 4 walks and receive a shirt*

**While supplies last*

SPONSORED BY:



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