**Walk with A Doc 2018-2019**

**Come walk with your doc!**



**What**: Come talk and walk with the doctors of the Southern Colorado Family Medicine Clinic. Learn about different health topics and ask questions while getting exercise and sunshine.

**Where**: Meet in the parking lot in front of Minnequa Lake.

**When**: The 2nd Saturday each month\*

**Time**: 9:00 AM

\*In the event of poor weather conditions, events will be canceled.

|  |  |
| --- | --- |
| **Month**  | **Date** |
| July | July 14, 2018 |
| August (8:00 AM start) | August 11, 2018 |
| September (8:00 AM start) | September 8, 2018 |
| October | October 13, 2018 |
| November | November 10, 2018 |
| December | December 8, 2018 |
| January | January 12, 2019 |
| February | February 9, 2019 |
| March | March 9, 2019 |
| April | April 13, 2019 |
| May | May 11, 2019 |
| June | June 8, 2019 |