

Walk with a Doc



January 12, 2019

**Five Lakes at Cottonwood
(across from tennis courts)**

**8:30 AM Registration * 9:00 AM Walk Begins
10:00 Breakfast on patio at CW Grill (optional)**

This FREE, healthcare provider-led walking group is a safe, fun, and non-competitive place to learn about health, ask questions, and get your steps in. All are welcome, so bring your grandchildren and well-mannered doggies.

walkwithadoc.org/our-locations/sunlakes/
Email: docwalks.sunlakes@gmail.com