**Walk with a Doc 2019 Spring Schedule**

**Clark Fork Schedule -** walks will be repeated **every Monday and Thursday**. The walks start behind the Clark Fork High School near the golf course entrance by the high school track/football field.

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| Date | Time | Walk Leader | Location |
| 11/1 – 10/31  **Mondays** | 12:15 pm | Heather Margaret, MD | Grass area behind Clark Fork High School |
| 11/5 - 10/29  **Thursdays** | 12:15 pm | Heather Margaret, MD | Grass area behind Clark Fork High School |

**Sandpoint Saturday Schedule –** walks are **1st and 3rd Saturday** of month – walks start at the cement bear statue near the parking lot for Sand Creek Trail and then will proceed down Sand Creek Trail.

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| **Date** | **Time** | **Walk Leader** | **Location** |
| 11/3 | 8:00 am | Ken Jabour, PA | Sand Creek Trail |
| 11/17 | 8:00 am | Ronald Jenkins, MD | Sand Creek Trail |
| 12/1 | 8:00 am | Russell Blakely, MD | Sand Creek Trail |
| 12/15 | 8:00 am | Ann Cox, NP | Sand Creek Trail |
| 1/5 | 8:00 am | Canceled | Sand Creek Trail |
| 1/19 | 8:00 am | Canceled | Sand Creek Trail |
| 2/2 | 8:00 am | Greg Pennock, MD | Sand Creek Trail |
| 2/16 | 8:00 am | Kristin Algoe, MD | Sand Creek Trail |
| 3/2 | 8:00 am | Nanci Jenkins, MS, RDN, LD | Sand Creek Trail |
| 3/16 | 8:00 am | Russell Blakely, MD | Sand Creek Trail |
| 4/6 | 8:00 am | \*Mallorie Ely, MSW, LCSW | Sand Creek Trail |
| 4/20 | 8:00 am | Ronald Jenkins, MD | Sand Creek Trail |
| 5/4 | 8:00 am | Kathy Holm, RN, BSN, MSN | Sand Creek Trail |
| 5/18 | 8:00 am | \*Mallorie Ely, MSW, LCSW | Sand Creek Trail |
| 6/1 | 8:00 am | Greg Pennock, MD | Sand Creek Trail |
| 6/15 | 8:00 am | Nanci Jenkins, MS, RDN, LD | Sand Creek Trail |

**\*Mallorie’s offers 2 walk times. Meet at 8AM OR at 10AM. She encourages youth to join her walks**

**Sandpoint Tuesday Schedule –** walks are **every** **Tuesday** of the month – walk locations vary. See Bonner County Coalition for Health on Facebook for the location of each Tuesday walk.

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| **Dates** | **Time** | **Walk Leader** | **Location** |
| 11/1 – 11/29 | 5:15 pm | Jane Hoover, NP | Sand Creek Trail |
| 12/6 - 12/27 | 5:15 pm | Jane Hoover, NP | Sand Creek Trail |
| 1/3 - 1/31 | On Hold | Ice Delay | Sand Creek Trail |
| 2/7 - 2/28 | On Hold | Daylight Delay | Sand Creek Trail |
| 3/7 – 3/28 | On Hold | Weather Delay | Sand Creek Trail |
| 4/2 – 4/30 | 5:30 pm | Jane Hoover, NP & Sam Morton, PT | Sand Creek Trail |
| 5/7 – 5/28 | 5:30 pm | Jane Hoover, NP | Big Chair by DISH at Dover Bay |
| 6/4 – 6/25 | 5:30 pm | Jane Hoover, NP | TBA |