



Get out, get active & enjoy good conversation. Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace & distance with medical providers.

This community event is **FREE** and all are welcome!

*Melanie Smith, DO, Certified in Obesity Medicine
WWAD Physician Leader & HMR Medical Director*

Every 3rd Saturday of the Month from 8:30-9:30am

Burlington High School - 400 McCanna Parkway - Burlington, WI



walk WITH a DOC

educate. exercise. empower.

March 20	Self Care and Wellness	Melanie Smith, DO
April 17	Exercise - How to Get Started	Theresa Hewitt, NP
May 15	How our Mind Affects our Body	Caryn Bird, CH
June 19	What's New in Diabetes	Michelle Wagner, MD
July 17	Eating Well to Prevent Diabetes	Jenna Buckley, RD
August 21	Common Cancer Myths	Kristin Cassidy, MD
September 18	Male Urologic Disorders	Paul Webber, MD
October 16	All about Hypertension	Sapna Patel, MD
November 20	Asthma & Exercise	Nathan Lebak, MD
December 18	Intermittent Fasting	David Taylor, MD

