



walk with a DOC

Take a step toward better health!

Join Dr. Michael Otte and more Aurora Health Care doctors for this *FREE*, fun, walking program. What better way to start your weekend than making strides toward a healthier lifestyle?

Every 3rd Thursday of the Month from 7-8am

Outdoor location:

Fairway Knoll— N112 W17500 Mequon Rd, Germantown

Inclement Weather Location:

Tri County YMCA, N84 W17501 Menomonee Ave, Menomonee Falls

October 18

Dr. Michael Otte

Breast Cancer Awareness

November 15

Dr. Amin Tarek

Exercise & Diabetes

December 20

Dr. Michael Otte

Overeating at the Holidays
& New Years Resolutions

At the Walk, you will:

Learn about important health topics

Have your questions answered by local physicians

Build new friendships

Enjoy an informal, relaxed and fun walk at your own pace



Aurora Health Care®

N112 W17975 Mequon Rd - Germantown, WI - 262.532.7600

Contact walkwithadoc.org
for additional information.