



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



*Aurora Medical Center®*

# walk with a DOC

educate. exercise. empower.

January 18	Which flu are you?	Ashley Vos, NP
February 15	Whole Health Goal Setting	Ryan Brower, MD
March 21	Self Care and Wellness	Melanie Smith, DO
April 18	Male Urologic Disorders	Paul Webber, MD
May 16	How Our Mind Affects Our Body	Caryn Bird
June 20	Exercise Effects on Diabetes	Michelle Wagner, MD

