



Take a step toward better health!

Join Dr. Melanie Smith and more Aurora Medical Center doctors for this *FREE*, fun, walking program. What better way to start your weekend than making strides toward a healthier lifestyle?

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

Burlington High School - 400 McCanna Parkway - Burlington, WI

October 20

Dr. Melanie Smith

The Benefits of Walking

November 17

Dr. Todd Nelson

Nutrition

December 15

Dr. Sapna Patel

Exercise & Mental Health

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 Medical Center®

248 McHenry Street - Burlington, WI - 262.767.8000

Contact walkwithadoc.org
for additional information.