**You’re invited to Walk with a Doc**

***Lace up your walking shoes for a free, fun event to learn about health***

San Antonio residents of all ages are encouraged to lace up their walking shoes and join [Richel Avery, MD](https://www.uthscsa.edu/patient-care/physicians/providers/1780900753/Richel-Avery), of UT Health Physicians for monthly Walk with a Doc meet-ups throughout the year. **The events are free and all are welcome! Preregistration is not required.**

Join us!

Saturday, July 9

8 a.m.

[OP Schnabel Park, 9606 Bandera Road](https://goo.gl/maps/UjZ3bMEGXxGKLj7HA), at the intersection of Old Tower Climb Trail and Bluff Loop Trail.

This month’s topic: “A Family that Walks Together, Stays Together!”

We will host a walk [every second Saturday of each month](https://walkwithadoc.org/join-a-walk/locations/san-antonio-ut/) with a focus on varying health topics.

**About Walk with a Doc**

The [Walk with a Doc](http://walkwithadoc.org/) concept is simple: physicians organize walks in their communities and invite their patients, their patients’ families and community members to join them. Walkers will enjoy a refreshing and invigorating walk with Richel Avery, MD, primary care physician and medical director of [UT Health Verde Hills](https://www.uthscsa.edu/patient-care/physicians/location/Verde-Hills). Dr. Avery will provide support to participants and answer questions during the walk.

Walking is one of the simplest, best things people can do to live a long, high-quality life. Walk with a Doc makes it easy by providing the time, place, motivation and fellow participants for a fun walking experience.

**The event is free and all are welcome! Preregistration is not required.** This doctor-led group is a fun and safe place to go for a walk, learn about health and meet new friends. **For more information, visit the UT Health Physicians** [**Walk with a Doc website**](https://walkwithadoc.org/join-a-walk/locations/san-antonio-ut/)**.**

[Walk with a Doc Texas](https://www.texmed.org/wwad) is overseen by a national nonprofit organization that aims to get people active and healthy and is backed by the Texas Medical Association (TMA) in Texas.