

# Walk with a doc

A white stethoscope with blue and yellow accents is positioned around the text. The chest piece is integrated into the letter 'o' of 'a doc'.

Join UCLA Health physicians for a healthy stroll  
on the third Thursday of each month.

**7:30 - 8:30 am**

UCLA Health – 10250 Santa Monica Blvd. #2440, Los Angeles 90067  
Inside Westfield Mall on the 2nd floor near Nordstrom

#### Walk Dates:

<b>FEB 15</b>	<b>MAR 15</b>	<b>APR 19</b>	<b>MAY 17</b>	<b>JUNE 21</b>	<b>JULY 19</b>
<b>AUG 16</b>	<b>SEP 20</b>	<b>OCT 18</b>	<b>NOV 15</b>	<b>DEC 20</b>	

#### Walking benefits:

- Build a bigger, sharper brain
- Live longer
- Ease your aching knees
- Improve your mood
- Lower cancer risk
- Strengthen your heart
- Dodge diabetes

**UCLA** Health



For more information, visit [uclahealth.org/walkwithadoc](http://uclahealth.org/walkwithadoc)