



Cook Park, Historic Vine City

The monthly walk aims to make health and happiness accessible to everyone. Walks are FREE, open to all ages and abilities. Learn about a health-topic and enjoy a safe, fun doctor-led walk and meet new people. Take a step toward better health!



Join us at Cook Park
Saturday, April 26th @9am

Meet at the pavilion near the Ambassador Young statue

**Preventative Nutrition to
Reduce Risk of Diabetes,
Cardiovascular Disease, and
Osteoporosis**



Dr. Dawn Samad
Chiro Time
itschirotime.com



Learn More

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