



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 Clinics



Learn More

CHIROTIME
CHIROPRACTIC CARE 7 DAYS A WEEK

Walk details: Carrie Salvary carrie.salvary05@gmail.com

Learn more info@theallianceatcookpark.org | TheAllianceatCookPark.org