

walk with a [®] doc



3:00 PM ON SUNDAYS SEE
SCHEDULE
YMCA IN CLIFTON PARK
1 Wall St, Clifton Park, NY 12065
*(You do not need to be a member
of the Y to attend this event.)*

2026 SCHEDULE

JANUARY 11
FEBRUARY 15
MARCH 15

MORE DATES COMING SOON!

**FOR MORE INFO
& TO RSVP!**



Join Dr. Mitta for Walk with a Doc!

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The events are FREE, and all ages are welcome! Make sure to bring a water bottle and children must be accompanied by parent/guardians.



**COMMUNITY
CARE**
PHYSICIANS

CONTACT US
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www.walkwithadoc.org