



3RD SATURDAY OF EVERY MONTH AT 11:00 AM GAZEBO/DOWNTOWN MONTAUK , NY

JOIN US FOR WALK WITH A DOC!

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. (the group will complete once around the town pond). It's a great way to be active, learn about health, and meet new friends.



More information:



WALKER @MDHAMPTON.COM