



walk[®] with a
DOC



2ND SATURDAY OF EVERY MONTH @ 8:30 AM

SEPTEMBER 12TH, 2026

K.C. GEIGER PARK

299 GREENVILLE ROAD

ST. MARYS, OH 45885

JOIN US FOR WALK WITH A DOC!

This month, you'll take a few minutes to learn about **Pain Awareness** with **Amber Ball APRN-CNP**, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and meet new friends. The events are **FREE** and open to everyone!



More information:



walkwithadoc.org



nthis@jtdmh.org



419-394-6132

SCAN TO REGISTER

