



TAKE A **STEP** TOWARD BETTER HEALTH

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 are welcome!

Walking on the
1st Saturday of every
month at 8:30 AM

Walk Location:
Lake Elkhorn Park
Columbia MD 21045
(meet in the parking lot)

SCAN TO
LEARN MORE:



WaLKwitha**DOC**.org



www.walkwithadoc.org | contact@walkwithadoc.org | 614-714-0407