

# walk<sup>®</sup>with a DOC

**JUNE 20, 2026**  
**9:00 - 10:00 AM**

**BONNET SPRINGS PARK**  
**400 BONNET SPRINGS**  
**BLVD., LAKE LAND, FL**

**“Every step is an act of self-love.  
Walk intentionally. Live vibrantly.  
Your health, your joy, your future—  
created one choice at a time.”**

## **Join Dr. Helen Elliott for Walk with a Doc!**

- Walk at your own pace and distance
- Learn about Lifestyle Medicine and connect with health professionals in a relaxed setting
- Meet new friends and have fun!
- Pets are welcome!
- It's FREE!

**justwalk**  
Powered by Walk with a Doc



## **CONTACT US**

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