

walk[®]with a DOC



MAY 9, 2026
2:00 - 4:00 PM

LAKE ACCOTINK PARK
7500 ACCOTINK PARK RD,
SPRINGFIELD, VA

**“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!



CONTACT US

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www.walkwithadoc.org