



walk<sup>®</sup> WITH a  
DOC

# Take a Step towards better health

SEPT 13<sup>TH</sup>

9:00 AM

RIO



WASHINGTONIAN LAKE

**231 Rio Blvd, Gaithersburg, MD 20878**

Meeting point at the X right next to Uncle Julio's in front of the bridge

Parking available at the garage and behind Uncle Julio's



**Join Dr. Pallavi Gowda**

Internal Medicine and Obesity Medicine  
dual board certified, Zumba Instructor

- *Connect with local doctors and learn about healthy habits*
- *Walk at your own pace, meet new friends, and have fun!*



**SIGN UP  
HERE**

<https://walkwithadoc.org/join-a-walk/locations/potomac-maryland>

Any questions - Contact: Dr. Anjali Srivastava: 2402055997