

Walk with a Doc

**4th Saturday of
every month**

9:00 - 10:00 AM

**Stacy Park
Olivette, MO**



**Walking is one of the best
things you can do for your
physical and mental health!**



Decreased risk of heart disease, cancer, and depression



Improved energy, productivity, happiness, and sleep



See 100 reasons to walk at walkwithadoc.org/100reasons



www.walkwithadoc.org



contact@walkwithadoc.org