

# EAT WITH a DOC & WALK WITH a DOC



## Who

Patients and community members of all ages, abilities, and backgrounds are invited to attend. Each event is led by a physician. Free to members and non-members of the YMCA!

## What

**8:30 AM:** Health discussion and Q&A.  
**9 AM:** Physical therapy session and physician led walk on Northaven Trail while engaging in conversation with others.  
**9:45 AM:** Whole food plant based recipe demo & tasting.

**Semones Family YMCA  
(Town North)**

**4332 Northaven Rd,  
Dallas, TX 75229**

**8:30 AM**

**1st Saturday of every month**

**July 4**

**Dr. Sangeeta Elhence  
Developmental Pediatrics**

**Let's talk about the  
"F" word:  
Fermented Foods!**



## CHECK-IN

Welcome! Please scan the QR code below to check in at each walk. By checking in, you'll be entered into a raffle to win prizes throughout the year, and you'll also help track the impact of Walk with a Doc around the world!

Our Chapter Number: 1402



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