



Just Walk

powered by
WALK with a DOC®

Breathe, Walk, Connect.

DISCOVER THE HEART & HEALTH BENEFITS OF BREATHWORK



Join us for a morning of movement, breath, and connection. Learn how simple breathing practices can calm stress, support heart health, and help you feel your best—every day.



We walk.
We talk.
We learn.
We connect.
We meditate.
We share our gratitude.



Join Us!



**Saturday,
September 19**



9:30 – 11:00 AM



Trailhead Cafe
127 San Marin Drive
Novato, CA



*Come for the walk,
stay for the connection!*

All are welcome.
No special fitness level
or experience needed.



YOUR BREATH. YOUR HEART. YOUR HEALTH.



We'll explore how slow, intentional breathing can:



Calm the stress response and support heart rate & blood pressure regulation



Improve your body's resilience to daily stress



Create space to notice, choose, and respond with awareness

A SIMPLE PRACTICE TO TRY



PAUSE



TAKE 3
SLOW BREATHS



NOTICE



CHOOSE
WHAT COMES NEXT

Use this anytime—before a meal, medication, exercise, sleep, or a stressful moment.



Walking together for healthier hearts,
stronger minds, and a stronger community.

Everyone. Every body. Every step.



PLEASE RSVP

Reserve your spot by visiting:

[https://walkwithadoc.org/join-a-walk/
locations/novato-california/](https://walkwithadoc.org/join-a-walk/locations/novato-california/)



BREATHE DEEPLY.
Live fully.



MOVE OFTEN.
Feel stronger.



CONNECT ALWAYS.
We rise together.

