



TAKE A **STEP** TOWARD BETTER HEALTH

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The events are **FREE** and all are welcome!

Walking on the
2nd Saturday of every
month at 9:00 AM

Walk Location:
East Cobb Park: Main Outdoor
location (Meet by the Stadium)

SCAN TO
LEARN MORE:



WALKwithaDOC.org



We are part of an international nonprofit - Chapter #20309