

# walk<sup>®</sup> with a DOC

educate. exercise. empower.

Join us for Walk with a Doc! This doctor-led group is a fun and safe place to go for a quick 30 minute walk, learn about health, and meet new friends. The events are FREE and all are welcome!



## 2026 SCHEDULE

DOC CHAT BEGINS AT 9:30 AM; WALK STARTS AT 10:00 AM

- January 24th - Mobberly Trail
- Feb 28th - The Green
- March 28th - Lakeport Park
- April 25th - Mobberly Trail
- May 23rd -The Green
- June 27th -Lois Jackson Park
- July 25th- Mobberly Trail
- August 22nd - The Green
- September 26th - South Ward Community Park
- October 24th- Mobberly Trail
- November 21st- The Green
- December 19<sup>th</sup>- Broughton Park

*\*The Green - 207 S Spur 63*

*\*Mobberly Trail -3297 Tryon Rd.*

*\*Lakeport City Park- 207 Milam Road*

*\*Lois Jackson Park- 200 Bill Owens Parkway*

*\*South Ward Community Park- 1011 S. Mobberly Ave*

*\*Broughton Park- 801 S. Martin Luther King Jr. Boulevard*

East Texas Endocrine



Associates



MaKenzie Hodge, MD



"If you want to go fast, go alone; if you want to go far, go together,"

~African Proverb

**Goal:**

100 Community Miles