



walk<sup>®</sup> with a  
DOC

2ND SATURDAY OF EVERY MONTH @ 8:30 AM

**MARCH 14TH, 2026**

**REHAB & WELLNESS CENTER**

**1065 HAGER STREET**

**ST. MARYS, OH 45885**

**JOIN US FOR WALK WITH A DOC!**

This month, you'll take a few minutes to learn about *Sleep Apnea Awareness with Jen Nyitray PA-C*, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and meet new friends. The events are FREE and open to everyone!



More information:



[walkwithadoc.org](http://walkwithadoc.org)



[nthis@jtdmh.org](mailto:nthis@jtdmh.org)



419-394-6132

SCAN TO REGISTER

