

walk[®] WITH a
DOC

2ND SATURDAY OF EVERY MONTH @ 8:30 AM

MAY 10TH, 2025

K.C GEIGER PARK SHELTER HOUSE
299 GREENVILLE ROAD
ST. MARYS, OH 45885

JOIN US FOR WALK WITH A DOC!

This month, you'll take a few minutes to learn about the [Mind/Body Connection \(a 2 Way Street\)](#) with [Dr. Jim Schwieterman](#) and [Katie Heitkamp](#), 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



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419-394-6132

SCAN TO REGISTER

