



walk[®] with a
DOC



2ND SATURDAY OF EVERY MONTH @ 8:30 AM

MAY 9TH, 2026

K.C. GEIGER PARK

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 **How to challenge the way we think** with **Dr. Schwieterman and Katie Heitkamp APRN-CNP**, 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

