



walk[®] WITH a DOC

educate. exercise. empower.



Dr. Erin Baker

Walk with a Doc is a nonprofit program that brings communities together for guided walks led by local healthcare providers. Led by Erin Baker, DO, of Outer Banks Health Family Medicine - Manteo, and featuring other Outer Banks Health providers, each walk combines light physical activity with simple, practical health education in a relaxed and welcoming environment.

This free program is open to all ages and abilities. Stay active, learn about your health and connect with others in the community.

Join us biweekly on the second and fourth Saturdays of the month.

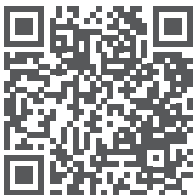


Genevieve Ramirez, PA-C

May 23
June 13, 27
July 11, 25
August 8, 22

Please park and meet at First Flight High School for a walk at the Wright Brothers National Memorial. The walk begins promptly at 9 a.m., so we encourage you to arrive early to allow time for check-in.

Wear appropriate walking shoes and clothing, and bring your own water bottle to stay hydrated! Please let us know you're coming by scanning the QR code.



Share your photos by using #OBXWalkWithADoc!

Questions? Call (252) 449- 5991.



Outer Banks
Health™