



walk<sup>®</sup>with a  
DOC

2ND SATURDAY OF EVERY MONTH @ 8:30 AM

**NOVEMBER 8TH, 2025**

GRAND LAKE WELLNESS & REHAB

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 **diabetes awareness** with **Dr. Stucke**, 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

