



walk<sup>®</sup> with a  
DOC

2ND SATURDAY OF EVERY MONTH @ 8:30 AM

**NOVEMBER 8TH, 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 *Diabetes Awareness with Dr. Christopher 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

