



TAKE A **STEP** TOWARD BETTER HEALTH!

Thu. September 24, 2026 – 10:00 AM to 11:00 AM

Leader: Wenonah Usher, MD, DipABLM | Topic: Flu Vaccine

Location: Holy Cross Hospital Silver Spring

1500 Forest Glen Road, Silver Spring, MD 20910

(Meet at the Main Entrance)

This walking program is a fun and safe place to go for a walk, learn health tips from local healthcare professionals, and meet new people. The program is **FREE** and all are welcome!

Learn more and register:



Physical
Activity



Health
Education



Social
Connection



Time in
Nature

WALKwith a **DOC**.org



We are a proud part of the international Walk with a Doc program: Chapter # 45676