

Walk with a Doc

**Sunday, Nov. 15th
4 p.m. - 5 p.m.
Mandeville
Lakefront Gazebo**

**Maria Roberts, MD | Double Board-Certified
in Family Medicine & Lifestyle Medicine**

Join Dr. Maria Roberts for an easy evening walk.

Walk with a Doc pairs free community walks with local physicians - a simple, social way to get moving and ask questions along the way.



-  Decreased risk of heart disease, cancer, and depression
-  Improved energy, productivity, happiness, and sleep
-  See 100 reasons to walk at walkwithadoc.org/100reasons



www.walkwithadoc.org



apablovich@stph.org



985-871-5932

