

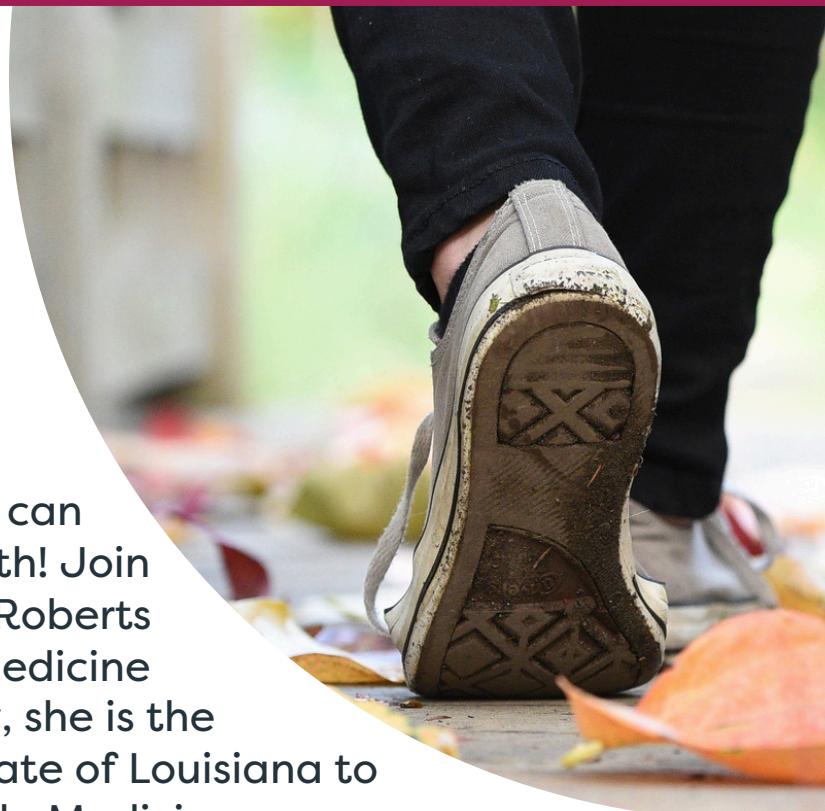
Walk with a Doc

Saturday, Feb. 21st

9 a.m. - 10 a.m.

**Mandeville
Lakefront Gazebo**

Walking is one of the best things you can do for your physical and mental health! Join Dr. Maria Roberts to start today! Dr. Roberts is Double Board Certified in Family Medicine and Lifestyle Medicine, and currently, she is the only Primary Care physician in the State of Louisiana to achieve Board Certification in Lifestyle Medicine.



 Decreased risk of heart disease, cancer, and depression

 Improved energy, productivity, happiness, and sleep

 See 100 reasons to walk at walkwithadoc.org/100reasons

**walk with a
doc**



www.walkwithadoc.org



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St. Tammany
HEALTH SYSTEM