

walk[®]with a DOC



September 19, 2025⁺

3:00 – 4:00 PM

**Midwestern University
19555 N. 59th Ave. Glendale, AZ
85308 (Wellness Center Gym)**

**Join Patrice Ayala, PT, DPT
and Physical Therapy Students for**

⁺“Strength and Stability: Simple Moves to Prevent Falls”

- The walk is **FREE** and all are welcome
- Walk at your own pace and distance
- No registration required
- Mention “Walk with a Doc”
to gate attendant when you arrive

**Sponsored by the
Arizona Falls
Prevention
Coalition**

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