



TAKE A **STEP** TOWARD BETTER HEALTH

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The events are **FREE** and all are welcome!

Walking on the
1st and 3rd Saturday of every
month at 9:00 AM

Walk Location:
101 Crosstrail Blvd, Leesburg,
VA 20175
(meet at the outdoor pavilion)

SCAN TO
LEARN MORE:



WALKwithaDOC.org



Contact us: walkwithadocleesburg@gmail.com.