



2nd SATURDAY* OF EVERY MONTH
8:00 – 9:00 AM
HILLSDALE PARK

3801 E. Hill Park Street; Meridian, ID 83642

JOIN US FOR “WALK WITH A DOC”!

You’ll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It’s a great way to be active, learn about health, and meet new friends. The events are **free** and open to everyone!

**Meet at Hillside Park
Shelter 1 (north side closest
to water wickets/YMCA
parking lot)**

***Inclement Weather Back-up:
Boise Towne Square Mall
10am-11am
(meet inside main entrance)***

2025 Walk Schedule

January 11
February 8
March 8
April 19*
May 10
June 14

**Please note adjusted date*

More information:



walkwithadoc.org



contact@walkwithadoc.org
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