

Walk with a Doc

**2nd Saturday
of every month
9:00 - 10:00 AM**

**Great Falls Tavern Visitor Center
11710 MacArthur Blvd, Potomac, MD**

Meet at the picnic tables before crossing
the little bridge to the walkway towpath

**Walking is one of the best things
you can do for your physical and
mental health!**



Decreased risk of heart disease, cancer, and depression



Improved energy, productivity, happiness, and sleep



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

**May 10th
June 14th
July 12th
August 9th
Sept 13th**



<https://walkwithadoc.org/join-a-walk/locations/potomac-maryland>



contact@walkwithadoc.org



240-205-5997