

walk[®] with a DOC

Dr. Goupil Westford

The First Sunday of every month (8am – 9am)
Events: 4/6/25, 5/4/25, 6/1/25 and 7/6/25
The Bruce Freeman Rail Trail – 25 Maple Rd, Chelmsford, MA
(Meet at the front entrance to Byam School)

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

Future walks will be held on the 1st Sunday of every month.



www.extendedhealthspans.com
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Questions? Contact.
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We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org