



Walk ^{with a} ^{DOC}

helping you take steps for better health

www.walkwithaDOC.org

WALK WITH A DOC - PONTE VEDRA | EVERY 1ST AND 3RD SATURDAYS

NEXT WALK



Date & Time

Sat 10/17
8:30 am



Location

Nocatee Community Park
620 Nocatee Center Way,
Nocatee, FL 32081

Walk ^{with a} ^{DOC}

educate. exercise. empower.

Health Topic

Walking Reduces
Inflammation

Led by: Dr. Elizabeth Marquez

Walk Support:
Dr. Lakeisha Walker



RSVP Oct-17

Join us for a free community walk where everyone is welcome!



PHYSICAL
ACTIVITY



HEALTH
EDUCATION



SOCIAL
CONNECTION



TIME IN
NATURE



TAKE A STEP
TOWARD BETTER
HEALTH!

ALL AGES. ALL MOBILITY LEVELS.