

walk[®] with a DOC

educate. exercise. empower.



2025

DATE	TOPIC	TIME
January 18	- 4 Components	Saturday
February 15	- Avocado	8:00AM
March 15	- Gut Health	-
April 19	- Nature	9:30AM
May 17	- Sodium	
June 21	- Skin Health	
July 19	- Heat Awareness	
August 16	- Falls Prevention	
September 20	- Mindfulness	
October 18	- Family Dinner	
November 15	- Gardening	
December 20	- Laughter	

- ### OUR SERVICES
- ✓ Registration
 - ✓ Education
 - ✓ Zumba
 - ✓ Walk with Doc
 - ✓ Fruits and Veggies



This FREE walking group is a fun and safe place to take a walk, learn about health from a local healthcare professional, and meet new friends



Contact Us
+559-686-9097

Del Lago Park 1700 N Laspina Ave,
Tulare, Ca 93274





2025

FECHA	TEMA	HORA
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January 18	- 4 Componentes
February 15	- Aguacate
March 15	- Salud intestinal
April 19	- Naturaleza
May 17	- Sodio
June 21	- Salud de la piel
July 19	- Conciencia del calor
August 16	- Prevención de caídas
September 20	- Atención plena
October 18	- Cena Familiar
November 15	- Jardinería
December 20	- Risa

Sábado
8:00AM
-
9:30AM

NUESTROS SERVICIOS

- Registro
- Educación
- Zumba
- Camina con el Doc
- Frutas y verduras



Este grupo de caminata GRATIS es un lugar divertido y seguro para dar un paseo, aprender sobre la salud de un profesional local de cuidado de la salud y conocer nuevos amigos



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