



Midwestern University
Tomorrow's Healthcare Team

19555 North 59th Avenue
Glendale, Arizona 85308
www.midwestern.edu



Step into Friday Fun

August 21, 2026
September 18, 2026
October 23, 2026
November 20, 2026
December 11, 2026
January 15, 2027
February 19, 2027
March 19, 2027
April 16, 2027
May 14, 2027

All walks are at the
Campus Ramada on
Fridays 3:00–4:00 pm

Enjoy a campus stroll—or
head inside at the Wellness
Center when it's hot—with
raffles, water, and snacks at
every walk!

Join us for monthly campus walks and take a step toward better health.

We're hosting monthly community walks on the Midwestern University Campus! Each walk kicks off with a quick 5-10 minute talk on fall prevention by our faculty and students ("future docs"), followed by a group walk where you can discuss health topics and enjoy the beautiful campus.

For questions, contact:

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or visit: www.walkwithadoc.org

Sponsored by the
Arizona Falls Prevention Coalition

