



*Inspiring communities
through movement
and conversation*

Walk with a Doc communities offer free, physician-led walking groups throughout the year. Walks begin with a brief discussion on a current health topic and then participants enjoy a healthy walk and conversation.



TRANSFORMING HEALTHCARE ONE STEP AT A TIME

2005

It started with **1** doctor
in **Columbus, OH**
walking with his community

Today

Now serving **550+** communities
in 47 states and 30+ countries



“ We want to transform the way medicine is practiced - to make it more open, accessible, and rooted within a community. I hope that there will be a time, within my lifetime, when people won't remember when they didn't take walks with their doctors. ”

- Dr. David Sabgir, MD, Cardiologist, Founder





WHO

- All ages and backgrounds
- All physical abilities
- Patients and community members

WHAT

- Each *free* event starts with a brief health discussion, followed by a physician-led walk.
- Participants engage in meaningful conversations and experience a sense of camaraderie.

WHEN

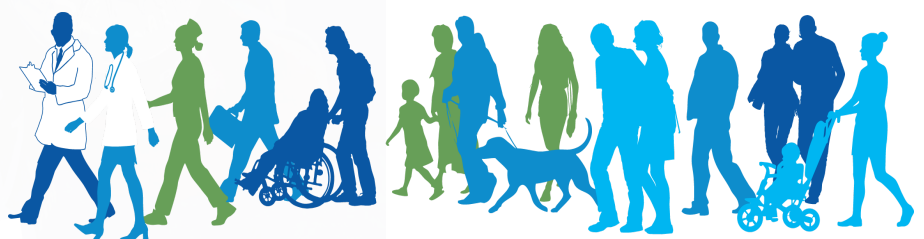
- Each community commits to hosting at least 1 event/month on a day and time of their choice.
- 40% gather more frequently

WHERE

- Serving over 550 communities around the world
- Find an upcoming event at www.walkwithadoc.org
- Or have your doctor reach out, and we will help start a chapter.

WHY

- Through the combined power of **exercise, education, social connection, and nature**, Walk with a Doc is an all-in-one prescription for a healthy life.
- See 100 Reasons to Walk at www.walkwithadoc.org



MAKING POSITIVE IMPACT THROUGH MOVEMENT & CONVERSATION



Walk Leader Impact

"The relationships with my walkers are lifelong and have changed the way I will practice medicine, indefinitely."

"This is a critical component to solving the healthcare crisis."

Participant Findings

- 90% feel more educated
- 71% get more exercise
 - 27% have maintained their level of exercise
- 93% feel more empowered to lead a healthier lifestyle

www.walkwithadoc.org/metrics



Walker Impact

"Walk with a Doc has given me hope."

"I'm able to talk comfortably with a doctor who makes me want to become more proactive when it comes to living a better, healthier life."



