

Columbus Community Hospital Occupational Health Services invites you to join us each month

- **Tuesday, January 26, 2021**, 5:30-6:30pm - How to revive your skin after being outdoors, Dr. Sanjay Mukerji, US 30 Center Mall
- **Tuesday, February 16, 2021**, noon-1pm or 5:30pm - 6:30pm - The Heart of the Matter, Dr. Chad Travers, 1C Church
- **Tuesday, March 16, 2021**, 5:30-6:30pm - Foot Health - Ready for the Outdoors? Dr. Brandon Borer, US 30 Center Mall
- **Tuesday, April 20, 2021**, noon-1pm - Allergy Season! Where's My Kleenex? Dr. Joseph Citta III, 1C Church
- **Tuesday, May 18, 2021**, 5:30-6:30pm - Exercising for better sleep, Dr. Jeffrey Gotschall, Memorial Stadium
- **Tuesday, June 15, 2021**, noon-1pm - Summer Stress - Busy Times! Dr. Ventaka Kolli, Lake Esther
- **Tuesday, July 20, 2021**, 5:30-6:30pm - Suicide Prevention in Our Youth Columbus, Dr. Kimberly Allen, Middle School Track
- **Tuesday, August 17, 2021**, noon-1pm - On Your Knees - How Healthy Are They? Doug Janssen, PT, DPT, Lake Esther
- **Tuesday, September 21, 2021**, 5:30-6:30pm - The Flu Vaccine - How Important Is It? Dr. Daniel Rosenquist, Memorial Stadium
- **Tuesday, October 19, 2021**, noon-1pm - Cancer - Am I at Risk? Dr. Joan Keit, 1C Church
- **Tuesday, November 16, 2021**, 5:30-6:30pm - Gut Microbiome and how does it relate to Diabetes? Dr. Luke Lemke, US 30 Center Mall
- **Tuesday, December 21, 2021**, noon-1pm - New Practices for a New Year Randy Perault, MSPT Cert, MDT, ATC, 1C Church

Walk with a Doc is the Third Tuesday of every month.
Walking location due to inclement weather: US 30 Center Mall

