

Columbus Community Hospital Occupational Health Services
invites you to join us for Walk with a Doc in 2023.

- **Wednesday, April 19**, noon-1 p.m. – Walking in the Great Outdoors
Dr. Kip Anderson, Humphrey Medical Clinic
- **Thursday, May 18**, noon-1 p.m. – Healthy Blood Pressure
Bella Hemmer, PA, Lindsay Medical Clinic
- **Monday, June 12**, noon-1 p.m. – Please, Wear Your Sunscreen!
Christi Mastny, APRN, Humphrey Medical Clinic
- **Tuesday, July 11**, noon-1 p.m. – How Stress Can Affect Your Health
Dr. Vilma Rodriguez-Cline, Lindsay Medical Clinic
- **Wednesday, Aug. 2**, noon-1 p.m. – Cancer: How to Protect Yourself
Dr. Michelle Sell, Humphrey Medical Clinic
- **Thursday, Sept. 14**, noon-1 p.m. – Obesity and Its Effects
Bella Hemmer, PA, Lindsay Medical Clinic
- **Monday, Oct. 9**, noon-1 p.m. – How to Promote Breast Health
Dr. Vilma Rodriguez-Cline, Humphrey Medical Clinic

Walk with a Doc events are a self-report activity under Healthy Event/Running/Walking in the Virgin Pulse portal. Participants are encouraged to report their participation into their own account in order to receive 100 points, three times per wellness year.

