



TAKE A **STEP** TOWARD BETTER HEALTH!

3rd Saturday of every month 10 am – 11 am

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The event is FREE and all are welcome!

Scan to Learn More:



WALKwitha**DOC.org**



We are part of an international nonprofit – Chapter # 21935