



Walk With a Doc

Take a **STEP** Towards Better **HEALTH**

What : A fun, motivating and free event for Salud Family Health Center patients and Commerce City community members. Walk With a Doc is a one hour event designed for Salud Family Health Center Patients and Community members to listen to a healthcare provider speak about a current medical topic, walk with friends and family and enjoy free breakfast and coffee!

This week our guest speaker Sarah Wong, PA, will be speaking about empty calories. *“So much of our food today has empty, extra and hidden calories. Find out how to avoid these foods that add calories (and inches to our waist) without nutrients.”*

When: 8:00 am on March 14th .

Where: Pioneer Park, 5902 Holly st. Commerce City, CO 80022. We will meet at the western-most picnic structure.

Who: All Salud Family Health Center Patients and Commerce City community members!