

# Walk with a Doc

## Take a Step Toward Better Health

Exercise is truly the best medicine! Join us for a **FREE** walk and see how easy it is to get healthy & prevent disease!

- Meet New People
- Learn About Health
- Walk & Get Fit With Doctors
- **FREE** Blood Pressure Checks
- **FREE** Giveaways
- **FREE** Coffee & Breakfast



**Rain, Snow,  
or Shine!**

### Saturday, January 11<sup>th</sup> 8am deKoevend Park

125 South to Exit Right on Arapahoe, Right On University  
Meet near Shelter C, Near The Rec Center

TOPIC: Acupuncture

### Saturday, March 8<sup>th</sup> 8am Bible Park

Off of Yale Between Monaco and Quebec in Denver  
Meet near the Baseball Diamond

TOPIC: Smoking Cessation

### Saturday, February 8<sup>th</sup> 8am Crestmoor Park

Off of S. Locust and Cedar (Near Alameda) in Denver  
Meet near the Tennis Courts

TOPIC: Protect Your Skin

### Saturday, April 5<sup>th</sup> 8am Crestmoor Park

Off of S. Locust and Cedar (Near Alameda) in Denver  
Meet near the Tennis Courts

TOPIC: Plant Based Diets

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