



walk WITH a DOC

Boulder Community Health

# WALK WITH A DOC

Come Walk with a Doc and take a step towards better health. This is a FREE community program:

- Learn about a current health topic
- Walk and talk with a local doc
- FREE blood pressure checks
- FREE giveaways
- FREE refreshments



**Join Dr. Nelson Trujillo,** Board-Certified Cardiologist along with other guest Boulder Community Health physicians.

For more details, visit [bch.org/walkwithadoc](http://bch.org/walkwithadoc)

**Attend 3 walks and get a pedometer\***  
**Attend 4 walks and receive a shirt\***

*\*While supplies last*

**Time:**  
**8:00 – 9:00 a.m. for all walks**

**Dates:**  
**March 14**  
**Benefits of Colorectal Cancer Screening**  
**Dr. Matthew Karowe**  
Tom Watson Park/Coot Lake  
6180 63rd Street in Boulder

**April 11**  
**Exercise and Cancer**  
**Dr. Lori Jensen**  
East Boulder Community Park  
5660 Sioux Drive in Boulder

**May 9**  
**Exercise is Medicine**  
**Dr. Sherrie Ballantine-Talmadge**  
North Boulder Park  
2848 9th Street in Boulder

**June 13**  
**Top Tests for Prevention**  
**Dr. Nelson Trujillo**  
Harlow Platts Park  
1360 Gillaspie Drive in Boulder

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The BCH Walk with a Doc program is made possible by the BCH Foundation