

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



Saturday, September 13th 8am
deKoevend Park

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

TOPIC: Atrial Fibrillation

Saturday, November 8th 8am
Bible Park

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

TOPIC: Exercise & Your Sex Life

Saturday, October 11th 8am
Crestmoor Park

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

TOPIC: That Darn Cough!

Saturday, December 6th 8am
Crestmoor Park

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

TOPIC: Smart Holiday Eating

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