



# TAKE A **STEP** TOWARD BETTER HEALTH!

**Walking on the 1st Sunday of each month at 11 AM!**

**SUNDAY, MAY 3, 2026 – “WOMEN’S HEALTH”**

**Location: Brecknock County Park**

**80 Old Camden Rd, Camden, DE 19934  
(Meet by the Pavilion next to the parking lot)**

**In case of inclement weather, the walk is held at the Dover Mall – 1365 N. Dupont Hwy, Dover (meet in the lobby through the “Dover Mall” entrance next to Macy’s)**

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!

**WALKwith a DOC.org**

**Learn more and register:**



We are part of an international nonprofit – Chapter #9699