

## JOIN BEAUMONT FOR WALK WITH A DOC



**Walk with a Doc** is a national program for anyone interested in taking steps for a healthier lifestyle. Designed for walkers of all ages and abilities, it provides a safe and appealing environment to gain “healthy” knowledge and inspiration.

Participants in each hour long session spend a few minutes learning about a health topic of interest; then enjoy a healthy walk and informal conversation while “walking with a doc.”

Walkers set their own pace and distance. Free sessions include a blood pressure check and light, healthy snack.



### **NEXT WALK with a DOC EVENT:**

Gina Gora, M.D. will present ***“Urgent care – what, why & when do I go there?”*** Dr. Gora specializes in family medicine, and is currently working at Beaumont West Bloomfield Urgent Care.

**Thursday, September 13th**

**Noon to 1 p.m.**

**NATURE CENTER AT HERITAGE PARK**

Located on the west side of Farmington Road (between 10 and 11 Mile roads)

THIS EVENT IS FREE!

FOR ADDITIONAL INFORMATION

CALL 248-477-1135