

# Walk with a Doc

## Take a Step Toward Better Health

**It's true:** Walking prevents, cures, & improves most health problems! Join us for a **FREE** walk and see how easy it is to get healthy!

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



### Saturday, Jan 7<sup>th</sup> 8am Bible Park

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

**TOPIC:** Weak Bones & Osteoporosis

### Saturday, Mar 10<sup>th</sup> 8am deKoevend Park

I-25 S to Arapahoe, West on Arapahoe, Right on University  
In Centennial - Meet in Shelter C

**TOPIC:** Understanding Food Labels

### Saturday, Feb 4<sup>th</sup> 8am Crestmoor Park

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

**TOPIC:** Choosing the Right Shoe

### Saturday, Apr 21<sup>st</sup> 8am Bible Park

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

**TOPIC:** Sleep Apnea

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