

JOIN US FOR A WALK WITH A DOC



justwalk
a WALK with a
DOC program

Walk With A Doc is a free walking program for anyone who is interested in taking steps to improve their heart health.

- Each walk is hosted by a friendly local physician. In addition to the numerous health benefits you'll enjoy just by walking,

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.

Join us at the next *Walk With A Doc* event to take a step toward a healthier you! All you need to do is lace up a pair of comfortable shoes and join us for some fresh air, fun and fitness.

DATE/TIME: **DECEMBER 15, 2012 at 11:00 a.m.**

LOCATION: **FERNDALE**

*(meet at Ferndale High School
1231 Main Street, Ferndale)*

WHO CAN ATTEND: **ANYONE**

For more information, times and locations, visit www.thecmafoundation.org or e-mail us at hdncms@sbcglobal.net

