



"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."
-David Sabgir, M.D.



Monday, Sept 2, 2019 • 10 a.m. to 11 a.m.
12200 Strausser St. NW, Canal Fulton, OH 44614

Chapel Hill Community
invites you to

walk with a **DOC**

educate. exercise. empower.

Have fun and join us for a healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc.

It's a great way to get out, get active, and enjoy good conversation. Walk your own pace and distance. See you on July 1 and bring a friend to this free community event!

