

# JOIN US— PHYSICIAN COMMUNITY HEALTH WALK



*Physician Community Health Walk* is a FREE community event geared toward promoting general health in our community in a friendly & supportive environment. Each walk is approximately 3 miles, and is lead by local physicians who make themselves available to walk and talk, and answer general questions on health care. The walks are monthly and take place in different locations throughout Humboldt-Del Norte County—rotating Eureka (Boardwalk), Fortuna (Riverwalk) and Arcata (Marsh) the third Saturday of each month @ 11:00 a.m. Each event is FREE and open to all.

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 *Physician Community Health Walk* 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.

## UPCOMING EVENTS:

- SAT, June 21, 2014 11am Fortuna Riverwalk  
(meet at River Lodge Gazebo)
- SAT, July 19, 2014 11am Arcata Marsh  
(G Street entrance)
- SAT, August 16, 2014 11am Eureka Boardwalk  
(meet at foot of F St)



**Rain or shine! (Unless there's a blizzard).**  
For more information, visit us on **Facebook** (**Physician Community Health Walk Humboldt-Del Norte**), or email us at **hdncms@sbcglobal.net**