

JOIN US FOR A WALK WITH A DOC



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.

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. Each event is **FREE and open to all.**

PHYSICIAN COMMUNITY HEALTH WALK

Community Park Garberville

Date: Saturday, June 21, 2014

Time: 10:00 a.m.

**Location: Community Park
(meet at parking lot west of the farm)**

Physician Lead: Philip Scheel, M.D.

Free Admission!

