

# walk™ with a DOC

educate. exercise. empower.

## COLUMBUS

NEIGHBORHOOD  
WALKING CLUBS



## TAKE A STEP TO A HEALTHIER YOU!

### Take steps to a healthier you with Walk with a Doc.

Every other Saturday we will host an hour-long morning walk led by a physician from Mount Carmel Health System. Walkers can come and walk for as little or as long as they like and all can enjoy refreshments and walking incentives at each walk.

Visit [www.walkwithadoc.org](http://www.walkwithadoc.org)  
or call 614-645-1260 for more  
information.

### MOUNT CARMEL'S MOBILE MEDICAL COACH

An urgent care center on wheels providing healthcare and screenings, while connecting patients to long-term care.



## 2015 SCHEDULE

### NORTH SIDE

**Where:** Woodward Park & Community Center, 5147 Karl Rd, meet at front picnic tables\*

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Saturday, 8:30-9:30am

### SOUTH SIDE

**Where:** Indian Mound Park & Community Center, 3901 Parsons Avenue, meet at shelter houses\*

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Saturday, 8:30-9:30am

### Dates for North & South Sides:

|                     |                       |
|---------------------|-----------------------|
| April 4             | August 1 <sup>s</sup> |
| April 18            | August 15             |
| May 2               | September 5           |
| May 16              | September 19          |
| June 6 <sup>N</sup> | October 3             |
| June 20             | October 17            |
| July 18             | November 7            |

### WEST SIDE

**Where:** Dodge Park & Community Center, 667 Sullivant Ave, meet at front entrance benches\*

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Saturday, 8:30-9:30am

### FAR EAST SIDE

**Where:** Big Walnut Park & Far East Community Center, 1826 Lattimer Dr, meet at picnic tables\*

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Saturday, 8:30-9:30am

### Dates for West & Far East Sides:

|                       |                           |
|-----------------------|---------------------------|
| April 11 <sup>W</sup> | July 25                   |
| April 25              | August 8                  |
| May 9                 | August 22                 |
| May 23                | September 12 <sup>E</sup> |
| June 13               | September 26              |
| June 27               | October 10                |
| July 11               | October 24                |
|                       | November 14               |

\*Walks are held in the community center gym during bad weather.

N, S, E, W Mount Carmel's Mobile Medical Coach will be at this walk: <sup>N</sup>=North; <sup>S</sup>=South; <sup>E</sup>=East; <sup>W</sup>=West

2/27/2015