



## 2015 SCHEDULE

### NORTH SIDE

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

**When:** 1st & 3rd Saturday, 8:30 - 9:30am

### SOUTH SIDE

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

**When:** 1st & 3rd Saturday, 8:30 - 9:30am

#### Dates for North & South Side:

April 4	August 1
April 18	August 15
May 2	September 5
May 16	September 19
June 6	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:** 2nd & 4th Saturday, 8:30 - 9:30am

### FAR EAST SIDE

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

**When:** 2nd & 4th Saturday, 8:30 - 9:30am

#### Dates for West & Far East Side:

April 11	August 8
April 25	August 22
May 9	September 12
May 23	September 26
June 13	October 10
June 27	October 24
July 11	November 14
July 25	



## 2015 SCHEDULE

### NORTH SIDE

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

**When:** 1st & 3rd Saturday, 8:30 - 9:30am

### SOUTH SIDE

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

**When:** 1st & 3rd Saturday, 8:30 - 9:30am

#### Dates for North & South Side:

April 4	August 1
April 18	August 15
May 2	September 5
May 16	September 19
June 6	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:** 2nd & 4th Saturday, 8:30 - 9:30am

### FAR EAST SIDE

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

**When:** 2nd & 4th Saturday, 8:30 - 9:30am

#### Dates for West & Far East Side:

April 11	August 8
April 25	August 22
May 9	September 12
May 23	September 26
June 13	October 10
June 27	October 24
July 11	November 14
July 25	

## TAKE A STEP TO A HEALTHIER YOU!

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

## YOU WON'T WALK AWAY EMPTY HANDED!

**PEDOMETER:** The first time you attend, you will receive a pedometer to track your steps. Remember, 2,000-2,500 steps equals approximately one mile.

**CLUB T-SHIRT:** For every third walk you attend, you will receive a Walk With A Doc: Columbus Neighborhood Walking Club t-shirt.

**SUNGLASSES:** It's important to protect your eyes while walking outside. We will offer sunglasses the following weekends to those who attend: Far East & West - May 23rd; North & South - Sept 5th.

**BRING A FRIEND:** Recruit friends and family to walk with us. Bring a new friend to one of the following dates and you will receive a hat, water pouch, or gift card. Dates: Far East & West - June 13th, July 11th, or Aug 22nd; North & South - June 20th, July 18th, or Aug 15th

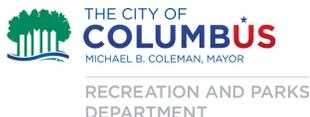
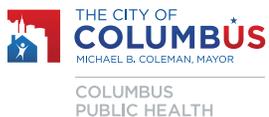
**WIN A MEMBERSHIP:** For every fifth walk you attend, your name will be entered into a drawing for a year-long membership to one of the "Get Active" Columbus Recreation and Parks Department Community Centers. Drawing will be held in October.

**STAY WARM DURING THE WINTER:** You walked with us until the end of the season. Time to celebrate your hard work and earn a chance to sport local Walk With A Doc winter wear.

*Remember to sign-in to receive these gifts!*

*Limited quantity of give-aways are available while supplies last.*

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



## TAKE A STEP TO A HEALTHIER YOU!

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

## YOU WON'T WALK AWAY EMPTY HANDED!

**PEDOMETER:** The first time you attend, you will receive a pedometer to track your steps. Remember, 2,000-2,500 steps equals approximately one mile.

**CLUB T-SHIRT:** For every third walk you attend, you will receive a Walk With A Doc: Columbus Neighborhood Walking Club t-shirt.

**SUNGLASSES:** It's important to protect your eyes while walking outside. We will offer sunglasses the following weekends to those who attend: Far East & West - May 23rd; North & South - Sept 5th.

**BRING A FRIEND:** Recruit friends and family to walk with us. Bring a new friend to one of the following dates and you will receive a hat, water pouch, or gift card. Dates: Far East & West - June 13th, July 11th, or Aug 22nd; North & South - June 20th, July 18th, or Aug 15th

**WIN A MEMBERSHIP:** For every fifth walk you attend, your name will be entered into a drawing for a year-long membership to one of the "Get Active" Columbus Recreation and Parks Department Community Centers. Drawing will be held in October.

**STAY WARM DURING THE WINTER:** You walked with us until the end of the season. Time to celebrate your hard work and earn a chance to sport local Walk With A Doc winter wear.

*Remember to sign-in to receive these gifts!*

*Limited quantity of give-aways are available while supplies last.*

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

