

walk™ with a Doc

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS

SOUTH SIDE



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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 Mount Carmel Health System Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack, and walking incentives at each walk.

SOUTH SIDE SCHEDULE - 2014

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

When: 2nd and 4th Saturday of each month, 8:30 - 9:30am

March 29	August 2
April 12	August 16
April 26	August 30
May 10	September 13
May 24	September 27
June 7	October 11
June 21**	October 25
July 5	November 8
July 19	

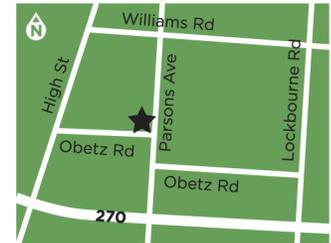
*Walks are held in the community center gym during bad weather.

**Mount Carmel's Mobile Medical Coach will be at this walk.

Visit 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.



 **THE OHIO STATE UNIVERSITY**
WEXNER MEDICAL CENTER


MOUNT CARMEL


the Y


Columbus Medical Association Foundation


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