

walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS

WEST SIDE



Photo credit: JTaylor Photo at flickr.com



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.

WEST SIDE SCHEDULE - 2014

Where: Dodge Park and Community Center, 667 Sullivant Avenue, meet at front entrance benches*

When: 1st and 3rd Saturday of each month, 8:30 - 9:30am

April 5	August 9
April 19	August 23
May 3	September 6
May 17	September 20
May 31	October 4
June 14	October 18
June 28	November 1
July 12	November 15**
July 26	

*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

