

walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS



Photo credit: JTaylor Photo at flickr.com

SOUTH SIDE

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.

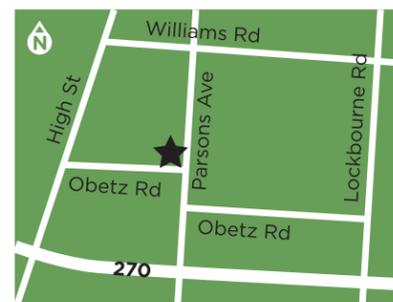
Visit www.walkwithadoc.org or call 614-645-1260 for more information.

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 | |



MOUNT CARMEL'S MOBILE MEDICAL COACH

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



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

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

