

walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS



FAR EAST 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 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 or call 614-645-1260 for more information.

FAR EAST SIDE SCHEDULE - 2015

Where: Big Walnut Park and Far East Community Center, 1826 Lattimer Drive, meet at picnic tables*

When: 2nd and 4th Saturday

| | |
|----------|--------------|
| 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 | |

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

**Mount Carmel's Mobile Medical Coach will provide services at one walk on the Far East Side in 2015; date to be determined.



MOUNT CARMEL'S MOBILE MEDICAL COACH**

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



1/20/2015