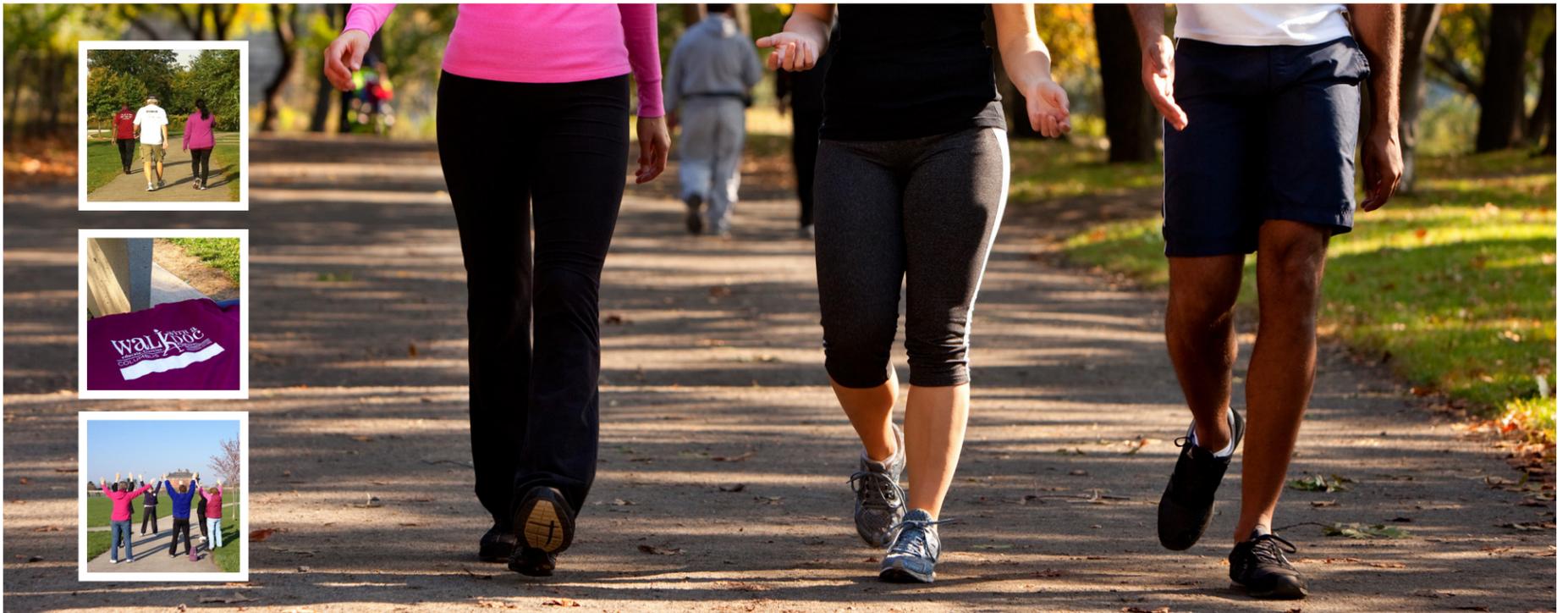


walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS



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 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.

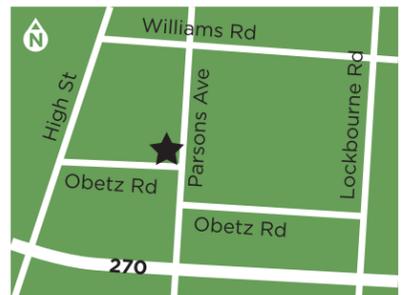
Visit www.walkwithadoc.org or call 614-645-1260 for more information.

SOUTH SIDE SCHEDULE - 2015

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

When: 1st and 3rd Saturday

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



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 provide services at one walk on the South Side in 2015; date to be determined.

1/20/2015