

walk™ with a DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS



WEST 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.

WEST SIDE SCHEDULE - 2015

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

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 West 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