WALK® WITH a DOC

educate. exercise. empower.



TAKE A **STEP** TOWARD BETTER HEALTH!

Walking every Saturday at 9:00 AM *The August 8th walk will start at 8 AM

Location: Valley River Center/Greenway Bridge

, Eugene, OR 97401
(Behind Valley River Center at the Greenway Bridge)

This walking program is a fun and safe place to go for a walk, learn health tips from local healthcare professionals, and meet new people. The program is FREE and all are welcome!

Inclement Weather Location: Valley River Center by the movie theatre

Learn more and register:

WALKwithaDOC.org







We are a proud part of the international Walk with a Doc program: Chapter #**45806**