

Take a **STEP** toward better **HEALTH**

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.¹

Join your doctor and other people looking to improve their health at the next Walk With A Doc event.

Time:

Location:

Who can attend: Anyone

Ask your doctor for details.

justwalk
a **WALK** WITH a
DOC program

**"I have two doctors,
my left leg and my right."**

-- G. M. Trevelyan

