

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

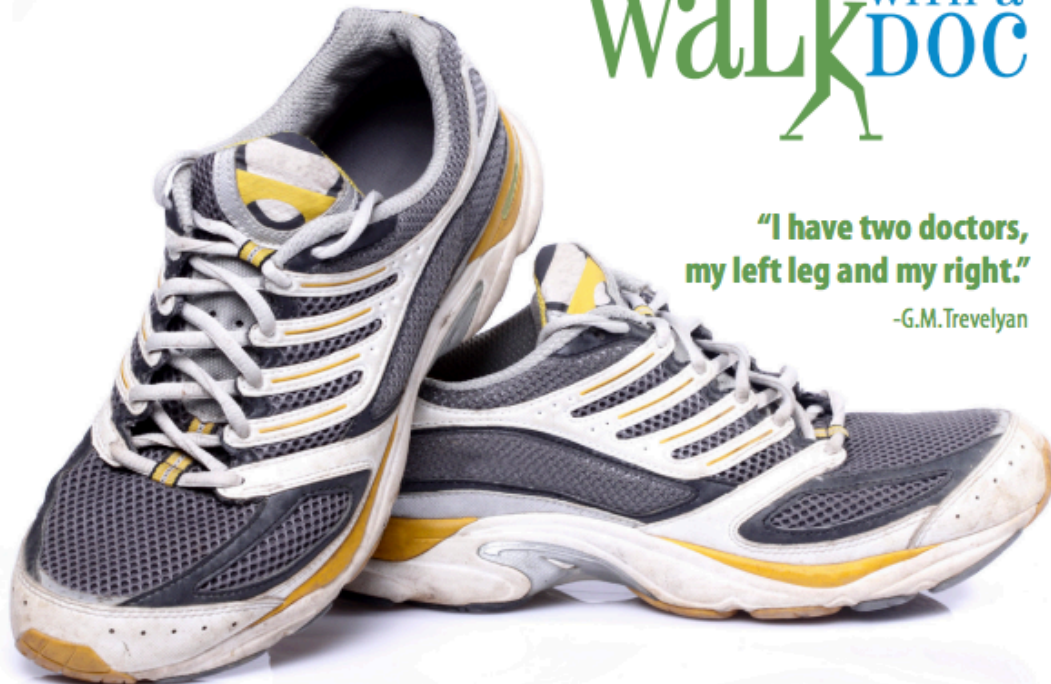
Join your doctor and other people looking to improve their health at the next Walk With A Doc event.

Date & Time: May 22, 2016 at 4:00 pm

Location: Eastern Ave Park, Davenport

Who can attend: Anyone!! People & dogs are welcome

New local event - please join us for our FIRST walk!



walk **WITH a**
DOC

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

-G.M. Trevelyan

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walkwithadoc.org

¹American Heart Association, americanheart.org

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