



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

## walk **WITH a** **DOC**

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

Join your healthcare provider and others looking to improve their health at the next WALK WITH A DOC event.

12:30 – 1 PM – TUESDAYS

September 5

October 3

November 7

December 5

Generations Family Health Center  
42 Reynolds Street • Danielson

**FREE/ OPEN TO THE PUBLIC/ ASK YOUR PROVIDER FOR DETAILS**

[walkwithadoc.org](http://walkwithadoc.org)

**GENERATIONS**  
FAMILY HEALTH CENTER



GENHEALTH.ORG

