



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 DR. CATHERINE SHAFTS and others looking to improve their health at the next WALK WITH A DOC event.

12:30 – 1 PM – TUESDAYS

Beginning May 7

Next walk: June 4

(First Tuesday of each month)

Generations Family Health Center
42 Reynolds Street • Danielson

**Join us and get
a FREE Pedometer!**

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

walkwithadoc.org


GENERATIONS
FAMILY HEALTH CENTER



GENHEALTH.ORG

