



Inspiring communities
through movement
and conversation

Start a Walk with a Doc program and help your community take a *STEP* toward better health! Our turnkey program is an all-in-one prescription for a healthy life:



Walk with your patients & community members (at least once per month)



Build relationships and foster social connections



Empower participants by sharing tips for healthy living



Improve physical & mental health by spending time in nature



Scan the QR code or visit
WALKWITHADOC.ORG
for more information

