

# JOIN US FOR A WALK WITH A DOC



**justwalk**  
a WALK with a  
DOC program

WALK WITH A DOC IS A FREE WALKING PROGRAM FOR ANYONE WHO IS INTERESTED IN TAKING STEPS TO IMPROVE THEIR HEART HEALTH.

Each walk is hosted by a friendly local physician. And in addition to the numerous health benefits, you'll enjoy just by walking, you'll also get:

- the chance to talk with the doc while you walk and a

**FREE T-SHIRT**

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.

Join us for our Walk With A Doc event to take a step toward a healthier you! All you need to do is lace up a pair of comfortable shoes and join us for some fresh air, fun and fitness.

**TIME: Saturday, September 19, 2015 at 7:00 a.m. Registration starts at 6:30 a.m.**

**LOCATION: Front Entrance of Mission Inn  
3649 Mission Inn Ave, Riverside, CA,  
92501**

**WHO CAN ATTEND: ANYONE**

To register, visit: [2015walkwithadoc.eventbrite.com](http://2015walkwithadoc.eventbrite.com) or contact Anita Charles at [acharles@thecmafoundation.org](mailto:acharles@thecmafoundation.org) or 916.779.6623.

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