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# WALKING HEALS

Come **WALK** with physicians, physical therapists, medical students, and neighbors. Ask a **DOCTOR** questions and discuss health topics while taking a step towards better **HEALTH** in your community.

1<sup>st</sup> Saturday of each month:

March 1, April 5, May 3

9:00 AM – 10:30 AM

LIONEL HAMPTON TRAIL

390 Willis Mill Rd (enter from MLK)

## Activities include:

- A 20-minute trail walk
- Children's playground
- Nature exploration
- Outdoor exercise equipment

