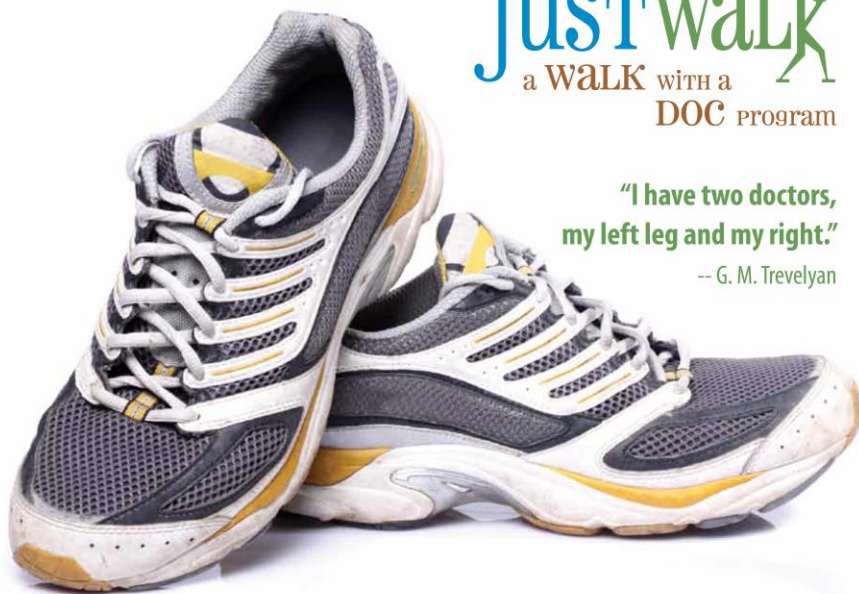


justwalk
a WALK with a
DOC program

*"I have two doctors,
my left leg and my right."
-- G. M. Trevelyan*



WALK WITH A DOC

SATURDAY, OCTOBER 19, 2013

SAN PABLO PARK, 2800 PARK STREET, BERKELEY

9AM (REGISTER & BP SCREENINGS PROVIDED BY HEART 2 HEART),

10AM (HEALTH TALK & WALK) – 12PM

A *FREE* EVENT, WALK-INS & PETS WELCOME

Take a STEP toward better HEALTH

A one-of-a-kind day that will have you walking alongside physicians and medical professionals in an effort to unite the community towards health and wellness. After all, walking as little as 30 minutes can reduce your risk of heart disease, weight gain, and other preventable conditions!

Join your doctor and other people looking to improve their health by coming to the 1st Monthly Walk with a Doc in Berkeley!

Sponsored by:



**A *FREE* EVENT
FOR ALL AGES!**

**DR. JANET
BERREMAN WILL BE
SPEAKING ABOUT
NUTRITION &
PHYSICAL ACTIVITY**

2-MILE WALK

**HEALTH TIPS AND
BLOOD PRESSURE
SCREENINGS**

**SHIRTS, WATER
BOTTLES, AND
PEDOMETER
GIVEAWAYS**

Contact Mint Bhetraratana at
wwad.berkeley@gmail.com
to pre-register, volunteer, or for
more info.

www.walkwithadoc.org
www.facebook.com/wwad.berkeley
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