

Take a **STEP** toward better **HEALTH**

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.¹

Join your doctor and other people looking to improve their health at the next Walk With A Doc event.

Time: Every Tuesday beginning January 5th, 2016
7:00 AM – 7:30 AM

Be sure to check Bend Memorial Clinic's online event calendar for cancellations due to weather at www.bendmemorialclinic.com

Location: Old Mill District Dog Park-Riverbend Park.
799 SW Columbia St. Bend

Who can attend: Anyone. Ask your doctor for details.

walk **WITH a**
DOC

**"I have two doctors,
my left leg and my right."**

-G.M. Trevelyan



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walkwithadoc.org

¹American Heart Association, americanheart.org

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