



Walk with a Doc

Take a Step Towards Better Health

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. In addition to numerous health benefits received just by walking, you will also get the chance to talk with a doc.

FRESNO

Where:

San Joaquin River Parkway & Trust
11605 Old Friant Rd
Fresno, CA 93730

When: 3rd Saturday

Time: 8:30 am

Dates for Fresno

- January 21
- February 18
- March 18
- April 15
- May 20
- June 17
- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

MADERA

Where:

Lions Town & Country Park- Pavilion
2300 Howard Rd
Madera, CA 93637

When: 1st Saturday

Time: 8:30 am

Dates for Madera

- January 7
- February 4
- March 4
- April 1
- May 6
- June 3
- July 1
- August 5
- September 2
- October 7
- November 4
- December 2

Join us for Walk with a Doc

For more information or questions, please call (559) 224-4224 or visit www.fmms.org.



San Joaquin River Parkway and Conservation Trust, Inc.

