



Walk with a Doc

A walking program led by a local physician from **OhioHealth Marion General Hospital** and **Center Street Community Health Center**. You will take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc. Walk *your own pace and distance*. Bring a friend or find a friend at this *free* community event! *No registration or membership necessary*.

**Every first Thursday of the month from 12pm-1pm
at the Marion Family YMCA, 645 Barks Rd E**

To learn more contact OSU Extension at (740) 223-4040 or find us on Facebook at **Walk with a Doc Marion**. Transportation assistance is available. Contact OSU Extension for more information.

