



WHO: LANCASTER-FAIRFIELD WALK WITH A DOC

**WHAT: A FREE TALK AND WALK WITH A DOC.
Walk at Your Own Pace and Distance**

**WHEN: 1st and 3rd Saturday of each Month
8:30 AM**

**WHERE: Walking Trail, 1144 East Main St.
Lancaster – Kroger Parking Lot**

**WHY: DID YOU KNOW JUST 30 MINUTES
OF WALKING A DAY CAN:**

- Increase your energy
- Help you sleep better
- Increase productivity

Contact us at: lancasterfairfieldwwad@gmail.com

walk WITH a
DOC

Take a STEP toward better HEALTH



WALKwithaDOC.org