

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

Walking is low impact, and safe – with a doctor’s okay – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight.

Walking for as little as 30 minutes a day has many benefits, including:

- Reducing the risk of coronary heart disease, osteoporosis, Type 2 diabetes, and breast and colon cancer
- Maintaining body weight and lowering risk of obesity
- Enhancing mental well-being

JOIN YOUR DOCTOR AND OTHER PEOPLE LOOKING TO IMPROVE THEIR HEALTH AT THE NEXT WALK WITH A DOC EVENT.

Family Practice at Parkview

329 Maine Street, Brunswick

Mondays from 12:30-1:00 pm

June 5 - September 25

Hosted by Jessica Faraci, MD

Thursdays from 12:15-12:45 pm

June 8 - September 28

Hosted by Ian McConnell, MD & Nichole Kelley, FNP

Brunswick Primary Care

22 Station Avenue, Brunswick

Tuesdays from 12:15-12:45 pm

June 6 - September 26

Hosted by Jeff Maher, MD

Topsham Family Medicine

1 Wellness Way, Topsham

Wednesdays from 12:15-12:45 pm

June 7 - September 27

Hosted by Tim Howe, MD

**No registration required. Open to all and drop ins welcome.
For more information call (207) 373-6585.**



Mid Coast
Center for Community
Health & Wellness

MaineHealth

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

-- G. M. Trevelyan



justwalk
a WALK with a
DOC program

Sponsored by:

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Health. Join In.

walkwithadoc.org

1 American Heart Association, americanheart.org

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