

# walk WITH a DOC



## Walk With a Doc Around Cole Park, Alamosa

*Walk with a Doc* was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behavior change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him in a local park on a spring Saturday morning. To his surprise, over 100 people showed up, energized and ready to move.

Since that first event in 2005, *Walk with a Doc* has grown. A doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace.

**Walking is one of the single most important things we can do for our health!**

Dr. Jeff Oster, SLV Health Podiatrist, welcomes you to join him as he walks around Cole Park starting at 7:00pm. Meet behind the Senior Citizens Center in the north parking lot. Join Dr. Oster as he walks around the park on these Tuesdays: July 10, July 24, August 7, and August 21, 2018.

Please call Adrienne Marcilla at 719-587-6386 for more information.