



# WELCOME TO YOUR LOCAL WALK WITH A DOC CHAPTER

**Walk with a Doc** is an international nonprofit organization started by Dr. David Sabgir, a cardiologist in Columbus Ohio. In 2005, Dr. Sabgir invited 100 patients and community members to go for a walk with him in a local park. Since that successful day, the movement has spread around the globe and now hundreds of communities are enjoying the countless benefits of walking with their healthcare providers on an ongoing basis.

## What Happens During a Walk?

People of all ages, fitness levels, and backgrounds are welcome to these free, ongoing events. After a brief health discussion from a healthcare provider, participants will spend the rest of the time enjoying a healthy walk at their own pace. They are encouraged to ask health questions and socialize with others in a fun, relaxed setting.

## Why Walk?

Walking is one of the single most important things we can do for our health - it's good for your heart, brain, bones, lungs, muscles, joints, and even helps prevent cancer and other chronic diseases. See 100 reasons to walk at [walkwithadoc.org/why-walk](http://walkwithadoc.org/why-walk).

## Newsletter

Join our email newsletter for weekly health tips, laughs, and international WWAD updates. Text **WWAD** to **22828** or visit [walkwithadoc.org/newsletter](http://walkwithadoc.org/newsletter)

**Social Media:** @walkwithadoc



## Shop

Get your Walk with a Doc gear at [walkwithadoc.org/shop](http://walkwithadoc.org/shop)



# INSPIRING COMMUNITIES THROUGH MOVEMENT AND CONVERSATION

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