

# Let's Walk and Talk with a Doctor

Facilitated by the **Capital Area Health Alliance**

in collaboration with the

**2015 Walking in Our Community Series**

## Saturday, April 18<sup>th</sup>

at

### Valhalla Park

4000 Keller Road, Holt, MI 48842

**Meet at the Beachfront Pavilion**



*Come walk and talk with local doctors while learning about the great benefits of being physically active.*

10:00 a.m. Registration

10:10 a.m. Doctor will share the benefits of physical activity

10:20 a.m. 30-minute walk on Valhalla Trail with doctor

For more information, call the Capital Area Health Alliance at **517-347-3377** or visit **CapitalAreaHealthAlliance.org**.

