

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 18th

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**.

