

Let's Walk and Talk with a Doctor

Facilitated by the **Capital Area Health Alliance**

in collaboration with the 2015 Winter Warm Up



Saturday, January 31st

at

Westside YMCA

3700 Old Lansing Rd., Lansing Charter Twp.

Meet at the YMCA conference room



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



- 12:45 p.m. Registration
- 1:00 p.m. Playmakers Good Form Walking Clinic
- 1:15 p.m. Presentation by Dr. Hend Azhary
- 1:30 p.m. Get a chance to talk with Dr. Azhary while walking around the YMCA indoor skate rink
- 1:50 p.m. Prizes; Capital Area Parks & Trails Brochure

For more information, call **517-347-3377** or visit **CPHLansing.com** or **CapitalAreaHealthAlliance.org**

