

walk WITH a k DOC

FOR: _____

DATE: **Second Saturday of Every Month at 9 a.m.**

MEET: **Main Lobby of the Omaha VA Medical Center**



DIRECTIONS:

Join me and other local health care professionals for a walk on the trail. This innovative, free walking program is open to everyone! Lace up your favorite shoes and enjoy the fresh air, good company and all the benefits that come from walking with a doc.

SPECIAL INSTRUCTIONS	
Dosage: 30 Minutes	Refills: Daily

Signature: _____