



**UConn  
HEALTH**



Join **Walk with a Doc\*** from **UConn Health** for a walk in Elizabeth Park on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday of every month at 9:00 am in Elizabeth Park. This doctor and medical student-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is FREE and all are welcome! Meet in the picnic area across from the Pond House Café. For directions, use 1555 Asylum Ave, West Hartford CT. Parking is available in along the roads and in parking lot by greenhouses. (\*and Future Doc from UConn Medical School).

**Dates:** August 10 & 24; September 14 & 28; October 12 & 26; November 9 & 23; and December 14. In inclement weather, check the website : [walkwithadoc.org/our-locations/uconn](http://walkwithadoc.org/our-locations/uconn) or Facebook at [facebook.com/WWAFDUCONN](https://facebook.com/WWAFDUCONN).

**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 health care 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 [www.walkwithadoc.org/why-walk](http://www.walkwithadoc.org/why-walk).