

VISALIA

walk[®] with a DOC

STARTING JAN. 2022

2ND SATURDAY
OF THE MONTH
FROM 8:00 AM – 9:15 AM

BLAIN PARK:
3101 S. COURT ST.,
VISALIA, CA 93277

THIS DOCTOR-LED
GROUP IS A FUN
AND SAFE PLACE
TO GO FOR A WALK, LEARN ABOUT
HEALTH, AND MEET NEW FRIENDS.

ALL ARE
WELCOME!
**FREE
EVENT**

REGISTRATION: 8 AM
WARM UP EXERCISES: 8:15 AM
WALK: 8:30 AM
Healthy Snacks & Prizes!



HEALTH TOPIC	2ND SATURDAY OF THE MONTH
Mental Fitness and Physical Activity	January 8
Ways to Decrease Hypertension	February 12
Food as Medicine	March 12
Health Benefits of Gardening	April 9
Managing Stress	May 14
Health Benefits of Moving In Nature Kaweah Oaks Preserve 29979 Rd. 182, Visalia	June 11
Adverse Childhood Experiences	July 9
Sepsis Awareness	August 13
All You Need to Know about Vaccinations	September 10
Arthritis	October 8
Diabetes Type 1	November 12
Staying Healthy During the Holidays	December 10

INFORMATION: (559) 624-2416



Humana



HHSA
Public Health

FAMILY HEALTHCARE NETWORK
a california health center
Your Health. Our Mission.



Healthy Visalia
Be Active Eat Right
www.healthyvisalia.org

Health Net

Anthem BlueCross

Kaweah Health
MORE THAN MEDICINE. LIFE.