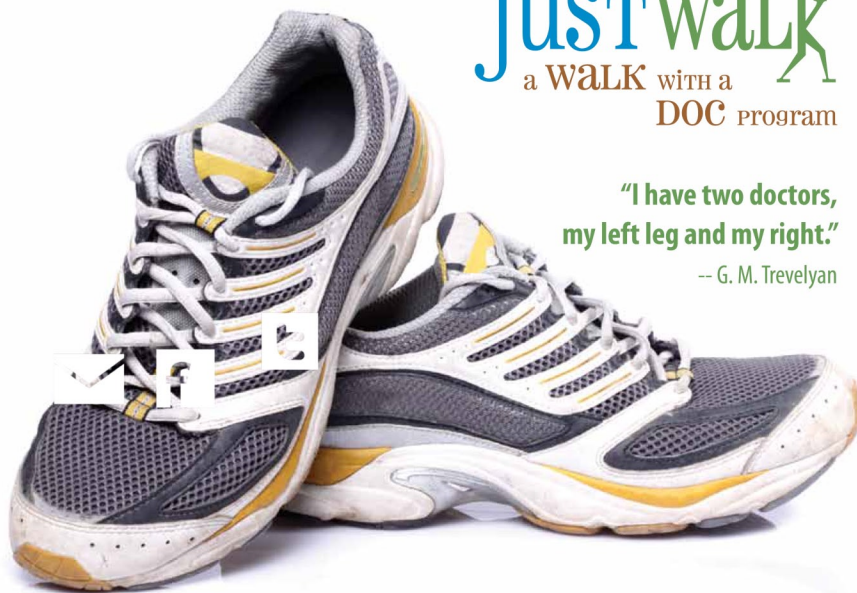


justwalk
a WALK with a
DOC program

*"I have two doctors,
my left leg and my right."*

— G. M. Trevelyan



WALK WITH A DOC

SATURDAY, MARCH 8, 2014

SAN PABLO PARK, 2800 PARK STREET, BERKELEY

10 AM (REGISTER, HEALTH SCREENINGS, GAMES & INFO)

11 AM – 1 PM (HEALTH TALK & WALK)

A *FREE* EVENT, WALK-INS & PETS WELCOME

Take a STEP toward better HEALTH, together!

Take a walk with physicians, public health champions and neighbors! Health screenings, resources, giveaways, raffle prizes and speakers will support all of us in getting healthier together.

Daily exercise can reduce your risk of heart disease, weight gain diabetes, and other preventable health conditions. It gets even better! Families, neighbors, the wider community, and our climate all benefit when people walk. Getting out of our cars and walking helps keep our air clean, stop climate change, and protect us from debilitating health issues like asthma, today and for generations to come.

JOIN US FOR A TWO MILE WALK FOR YOUR HEALTH, TO BUILD COMMUNITY, AND TO REDUCE YOUR IMPACT ON THE ENVIRONMENT, ALL AT WALK WITH A DOC BERKELEY!



**A *FREE* EVENT
FOR ALL AGES!**

**DR. JANET
BERREMAN WILL BE
SPEAKING ABOUT
NUTRITION &
PHYSICAL ACTIVITY**

2-MILE WALK

**HEALTH TIPS AND
BLOOD PRESSURE
SCREENINGS**

**PRIZES,
REFRESHMENTS
& GAMES**

Contact

**wwad.berkeley@gmail.com to
pre-register, volunteer, or for
more info.**

**www.walkwithadoc.org
www.facebook.com/wwad.berkeley
Twitter: @JustWalkEvents
#wwadberkeley**