

# walk™ with a DOC

Funded by a grant from the TMA Foundation with major support from TMAIT.



Walk With A Doc is a **FREE** program that allows the public to receive health education from physicians while outside the medical setting.

Join any of these Thursday evening walks by coming to Rose Rudman Park and meeting with our group at the Copeland Road trailhead.

*Ask questions. Walk at your own pace.*

Each talk/walk begins at 6:00 p.m.

View the list of topics and physicians below.



Date of Walk	Topic of Presentation	Name of Physician
March 21	How to Live to 100	Paul McGaha
March 28	Sudden Death- What to Do about It?	Hector Ceccoli
April 4	Prostate Cancer Screening	Leonard DeCarlo
April 11	First Aid for Seizures/Sam's Law	Gina Jetter
April 18	Exercise and Mental Health	Li-Yu Mitchell
April 25	Medical Causes of Urinary Symptoms	Will Armstrong
May 2	Dealing with a Deadly Diagnosis	Evans Smith
May 9	Rotator Cuff Tears	David Kummerfeld
May 16	Obstructive Sleep Apnea	Ketan Patel
May 23	What to Expect the Day of Surgery	Derek Mitchell
May 30	Weight Loss Surgery-Diet and Exercise Still Matter	Hugh Babineau

Friendly dogs, parents with strollers & kids on bicycles are welcome.  
In the event of bad weather, the topic & speaker will be rescheduled.