

**SAVE  
THE  
DATE!**

*"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."  
-David Sabgir, M.D.*



**SPH brings Walk with a Doc to Homer**  
**Join Dr. Rob Downey, Functional Medicine, for our KICK-OFF EVENT!** Discussion topic: [high blood pressure](#)



**Saturday October 7, 2017**  
**9:00am – 10:00am**

Please bring  
clean indoor  
walking shoes



**walk** **with a**  
**DOC**  
educate. exercise. empower.

**Blood pressure screenings, prizes, and more!**

**Free event for all ages, all abilities. Let's get walking!**

Have fun and join us for a healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with **Dr. Downey**.

It's a great way to get out, get active, and enjoy good conversation. Walk your own pace and distance. See you on **Saturday, October 7**, and bring a friend to this free community event! Questions or more info call 235-0285.

**SPARC building - Sterling Hwy next to Homer Middle School**

