



Join us for Walk with a Doc!

This doctor-led group is a fun and safe way to go for a walk, learn about health, and meet new friends. The event is FREE and all are welcome!

Walks are held twice a month in March through October on the 2nd Wednesday and 4th Saturday of the month. In November through January, walks are held once a month on the 2nd Wednesday of the month.

All walks are held outdoors starting at the Valley Health Wellness & Fitness Center. Learn more at www.walkwithadoc.org.

QUESTIONS?

540-536-3074

walkwithadocwinchester@gmail.com

Walk with a Doc is an international 501(c)(3). Learn more at www.walkwithadoc.org.

Saturday, May 20

9 A.M. – 10 A.M.

Chewing the Fat: A Conversation About Fatty Liver

Dr. Grace Shih

Valley Health Wellness & Fitness Center

401 Campus Blvd., Winchester, VA 22601

Meet in the Fitness Center lobby

Please arrive 15-20 min early to check in

