



*Staying heart healthy
can be a walk on the trail.*

Meet us for *Walk with a Doc*
at CMC-Lincoln Medical Plaza

at 9 a.m.

on Saturday, July 14 *and* Oct. 27

Join Sanger Heart & Vascular
Institute and CMC-Lincoln
physicians to Walk with a Doc.

We're getting back to the basics of medicine.
Bring your friends and meet our physicians for
conversation, cardiovascular exercise and a chance
to connect with your community.

★ Meet at
CMC-Lincoln Medical Plaza.
(Look for the tent.)



Sanger Heart & Vascular Institute

WALK DATES AND MORE INFO AT walkwithadoc.org/lincolnton