

justwalk

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WALK.
TALK.
LEARN.
CONNECT.
MEDITATE.
SHARE OUR
GRATITUDE.

OCTOBER HEART WALK

Blood Pressure AWARENESS

Small steps. A healthier tomorrow.



BE ACTIVE

Regular movement
can help maintain
healthy blood
pressure.



EAT WELL

Nourishing foods
support heart
and vascular health.



MANAGE STRESS

A calmer mind
supports a healthier
blood pressure.



STAY CONNECTED

Community
helps us all thrive.



**Saturday,
October 31, 2026**



9:30 AM

Check-in

9:45 AM

We'll start walking



Trailhead Cafe

127 San Marin Drive
Novato, CA

Join us for a relaxed, friendly walk and a short talk on
blood pressure awareness — what it means, why it matters,
and simple lifestyle habits that can make a big difference.

All are welcome!



**FAMILIES
& FRIENDS**



**ALL FITNESS
LEVELS**



BRING WATER



**HALLOWEEN
SPIRIT WELCOME!**
(COSTUMES ENCOURAGED)



RSVP HERE

or visit:

[walkwithadoc.org/join-a-walk/
locations/novato-california/](https://walkwithadoc.org/join-a-walk/locations/novato-california/)

*Healthy People.
Stronger Communities.* ♥