



Thursday, November 20th @ 12PM

Registration • 11:30AM - 12PM

Stay healthy! Join us on our WALKS!

By blending education, movement, and community engagement, **“Walk with a Doc”** empowers people to take control of their health one step at a time. The program is free, inclusive, and open to all ages and fitness levels, making it an easy entry point for those who may be intimidated by traditional exercise or hesitant to seek medical advice.

Research has shown that you could gain three hours of life for each hour of regular exercise. A quick stroll around the block does a body good!

To register or for more information please scan the qr code or visit <https://walkwithadoc.org/join-a-walk/locations/chicago-illinois-3/>

If you have any questions, please reach out to Marcelino Garcia at mgarcia6@cookcountyhhs.org.



The Salvation Army Red Shield Center

945 W. 69th Street
Chicago, IL 60621

Second Floor
Walking Track Lobby



COOK COUNTY HEALTH

cookcountyhealth.org