

walk WITH a UMG DOC 2019 CALENDAR

DATE*	Time	HEALTH TOPIC	Location
Jan. 17	9:30 a.m.	Thyroid Disorders	Springs Preserve
Feb. 21	9:30 a.m.	Heart Health	Springs Preserve
Mar. 21	9:30 a.m.	Kidney Health	Springs Preserve
Apr. 18	9:30 a.m.	Keeping Your Gut Healthy	Springs Preserve
May 16	9:30 a.m.	Know Your Blood Pressure Numbers	Springs Preserve
June 20	9:30 a.m.	My Aching Back	Springs Preserve
Oct. 17	9:30 a.m.	Breast Cancer Awareness	Springs Preserve
Nov. 21	9:30 a.m.	Alzheimer's Disease Awareness	Springs Preserve
Dec. 19	9:30 a.m.	Mental Health	Springs Preserve

July-September NO WALK due to excessive heat

3rd Thursday of the month. Entry is FREE!

More details at: umcsn.com/walkwithadoc/
 or [meetup.com/walkwithumcdoc/events/232667825/](https://www.meetup.com/walkwithumcdoc/events/232667825/)



SPRINGS PRESERVE
www.springspreserve.org

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