



**PUBLIC SERVICE ANNOUNCEMENT - FOR IMMEDIATE RELEASE**

Contact: Rebecca Teagarden, Memorial Communications, (509) 577-5051

**Walk with a Doc in Franklin Park**

Walking is an easy, fun and healthy activity that people of all ages can enjoy. Not only does walking decrease the risk of chronic disease such as heart disease, diabetes, high blood pressure and high cholesterol, but it also improves your sense of well-being. Walking is also a great way to socialize, spend time with family, and enjoy the outdoors.

Now you can walk *and* learn more about your health through a new program called Walk with a Doc. On Saturday, April 23, join others along with a local physician as Walk with a Doc Yakima kicks off at 10 a.m. at Franklin Park, 21<sup>st</sup> Avenue and Tieton Drive.

Walk with a Doc is an innovative program founded by cardiologist Dr. David Sabgir of Columbus, Ohio, that has spread nationwide. At each Walk with a Doc event, walkers will learn about an interesting health topic from a community physician. And while you walk at your own pace, you will have the opportunity to converse with local doctors. Afterward there will be light refreshments.

All you need to participate is a comfortable pair of shoes. Come alone, or bring a friend or family member.

Walk with a Doc will be held on weekends monthly. Future walks will be held: May 15, June 11, July 17, Aug. 13, Sept. 11, Oct. 15, Nov. 13.

###