

walk WITH a DOC
Educate. Exercise. Empower.



Take a step towards better health!

**Join Massena Memorial Hospital's Physicians,
For a FREE fun walk! What a better way to start your
weekend than making strides towards a healthier life?**

**Saturday, Sept 28th
10 am on the
John Story Trail**

**At Massena Central High School
Parking Lot near the JV Soccer Field...
Accessible for all walkers, strollers and wheelchairs.**

At the walk, you will:

- Learn about important health topics
- Have your questions

answered by MMH
Physicians

- Build new friendships
- Walk at your own pace

and distance

- Enjoy light refreshments and friendly conversation!



**Sponsored by St. Lawrence Co Public Health, St. Lawrence
Bridge to Wellness and Massena Memorial Hospital.**