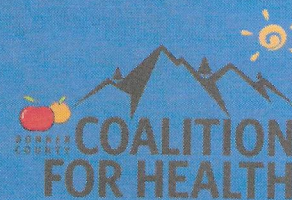


Jane Hoover, FNP



"Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You don't need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with friends, a partner, a family, or with a group."

-David Sabgir, M.D.



Walk Every Tuesday • 5:30PM – 6:30PM

Meet at the Large Chair by DISH restaurant in Dover starting May 7, 2019

Walking site changes monthly. See Bonner County Coalition on Facebook for location.

Panhandle Health District

Invites you to

walk with a **DOC**
educate. exercise. empower.

Have fun and join us for a healthy walk. You'll take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with **Jane Hoover, FNP**

It's a great way to get out, get active, and enjoy good conversation.

Walk at your own pace and distance.

See you every Tuesday! This **FREE ALL AGES** community event welcomes all abilities to join!

*Made possible with funding from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the views of the CDC.

