



WALK with a DOC!

**8 a.m. Saturday, January 20
at Centennial Park in Rifle**

- This month's topic: Walking - how it improves energy, reduces stress, and alleviates depression.
- Meet one-on-one Grand River's newest provider, Dr. Pam McGrogan, Board Certified Lifestyle Medicine
- Free, ongoing event!
- Register to win GREAT prizes!
- Weather dependent

grand river Health walk with a **DOC**

**Earn points with each walk
to shop at local businesses!**

