



## Walk with Doc is Back!

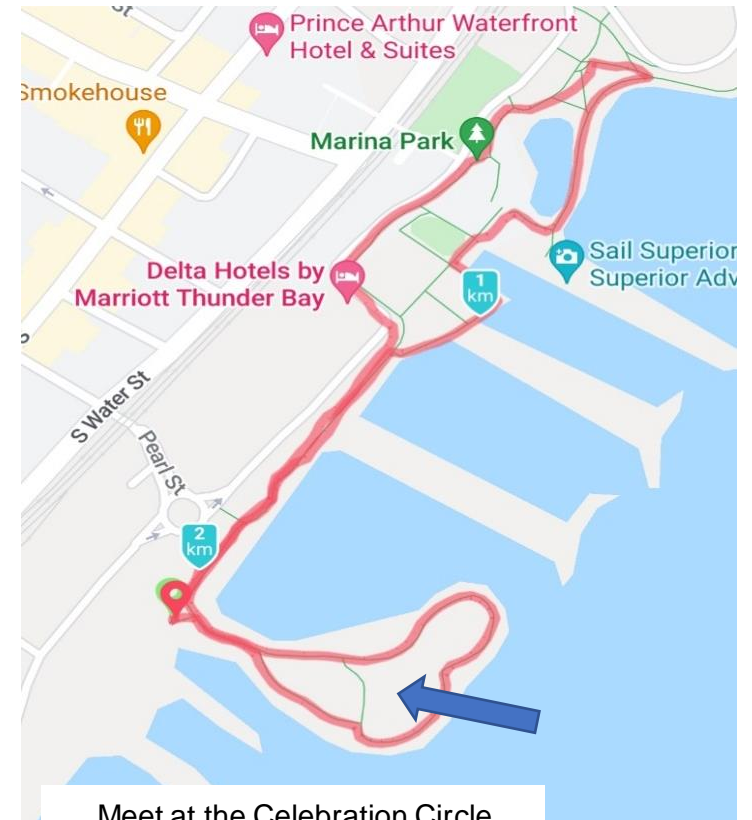
For 19 years, Northern Hearts, a local non-profit organization has been organizing a “Walk with Doc” program during the month of June to encourage healthy and active lifestyles for our participants. Walkers are invited to attend for an opportunity to enjoy a social walk with local doctors to discuss their health and get some exercise.

- The Walk with Doc program will run throughout the **month of June**.
- **June 6-30<sup>th</sup> Monday to Thursday, 7-8:30pm @ Marina Park** (Celebration Circle – see map)
- It will include all of the elements that make the Walk with Doc program a success, such as physician participation, daily walks, and chances to win a weekly prize!
- Please come out and enjoy some social walking with physicians, local organizations, and other community members. Registration is not required.

It is important to note that COVID-19 is still very present in the community and we hope to make this event as safe as possible, **so we ask that you self-screen when you come to the event and wear your mask when we are gathered together before the Walk begins.** For those uncomfortable with participating in an in-person event, or cannot make the Walk evenings, a virtual walk, similar to previous years will take place over our virtual platforms (Facebook and Email) where participants can comment and post pictures featuring the walk they went on.

**Northern Hearts mission** is to provide the public with educational resources and heart healthy programs to reduce the impact of heart disease in NWO. It is our hope that the Walk with Doc program will encourage active participation and spread awareness of the physical and emotional benefits of exercise.

Please contact **Kayla Waddington, Program Coordinator** if you have any questions, at [kcwaddin@lakeheadu.ca](mailto:kcwaddin@lakeheadu.ca) or 807-630-3117



Meet at the Celebration Circle  
across from the boat launch



@NorthernHeartsThunderBay



northernhearts@tbaytel.net



northernhearts.org