



**DENVER
HEALTH™**
— est. 1860 —
FOR LIFE'S JOURNEY

walk with a DOC

Join your doctors on a monthly walk to benefit your health, learn about important health topics and meet new friends interested in improving their health with you.



**SATURDAY
JUNE 22
9 A.M.**

Cheesman Park
9th and Race
Meet west of the Pavillion,
look for our signs
Hosted by Dr. Sarah Roark,
DH Pulmonary Medicine
Topic: Pulmonary Rehab



**SATURDAY
JULY 6
9 A.M.**

Belmar Library
555 S. Allison Pkwy., Lakewood
Meet in front
Hosted by Dr. Grace Alfonsi,
DH Family Medicine
Topic: Heart Disease



**SATURDAY
JULY 20
9 A.M.**

Cheesman Park
9th and Race
Meet west of the Pavillion,
look for our signs
Hosted by Dr. Sarah Roark,
DH Pulmonary Medicine
Topic: Heat Dangers



**SATURDAY
AUGUST 10
8 A.M.**

Sloans Lake Park
Meet just west of tennis courts
on 17th Ave side
Plenty of free parking
Hosted by Dr. Grace Alfonsi,
DH Family Medicine
Topic: Updates on Diet and Exercise



**SATURDAY
AUGUST 24
9 A.M.**

Cheesman Park
9th and Race
Meet west of the Pavillion,
look for our signs
Hosted by Dr. Sarah Roark,
DH Pulmonary Medicine
Topic: Obstructive Sleep Apnea

www.walkwithadoc.org