

# Walk With A Doc Program



## Start walking to improve your health and well-being!



Hosted by Lyndsi Davenport, DO  
Ascension Genesys

Join Dr. Davenport for a walk in your community with discussions about healthy living. Program is free and open to all ages.

Two walks  
per month:

1. Ascension Genesys Trails  
Wednesday at 5:30 p.m.  
Meet outside the Health Club entrance.  
Dates: 5/15, 6/19, 7/10, 8/14, 9/18, 10/16
2. UM-Flint Campus  
Saturday at 10 a.m.  
Meet at Univ. Pavilion; Kearsley/Saginaw  
Dates: 6/8, 7/13, 8/10, 9/7, 10/5



**Ascension  
Genesys**

Questions: (810) 232-3522  
[WalkWithADoc.org](http://WalkWithADoc.org)