Walk with a DOC®
educate. exercise. empower.





Join our Community Walk

A LITTLE WALK, A LITTLE CHAT,
A LITTLE **CHRISTMAS CHEER!**

NEXT WALK
WEDNESDAY 23 DECEMBER
Festive Walk

9:30 AM

Paddington Recreation Ground
Randolph Ave., London W9 1PF
(Park Cafe entrance)

Enjoy a friendly walk, health tips and a chance to meet new people.

FREE and all welcome!

Festive outfits encouraged, little feet and furry paws welcome!

Learn more and register:

Physical Activity | Health Education | Social Connection | Time in Nature

Walking monthly every last Wednesday | **Leader: Maryam Hasan, MBBS, GP**

A proud part of the international Walk with a Doc program: Chapter #47910