



walk WITH a DOC



Healthy Aging Month

Tips from the pros on how to stay young:

- Don't be afraid to blow bubbles in at least one of your 8 cups of water per day
- Eat your vegetables, even if they're yucky
- Laugh every day; like you're being tickled
- And above all, don't forget to *Walk with a doc!*

**FREE
T-SHIRT!**

Join us for our next Walk with a Doc event.

Dates: Saturday, September 2nd
Saturday, September 16th

Time: 9:00am-10:00am

Location: Meet at the Teen and Community Center
We will be walking outside!

Cost: FREE! Open to EVERYONE!

Come walk with Dr. Angela Alfaro!

First 50 Walkers Will Receive a FREE T-SHIRT!



For more information, visit walkwithadoc.org or call 614-714-0407
Questions? Please Call 907-835-2531 OR Email rsensabaugh@ci.valdez.ak.us
Visit www.ci.valdez.ak.us/parks AND www.facebook.com/ValdezAlaskaFun