FOR IMMEDIATE RELEASE

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MEDIA ALERT – Calendar Listing

BREATHE LA’s “Walk with a Doc”
Saturday, September 23 at 8:30 a.m.
Free Community Program at Ken Malloy Harbor Regional Park Harbor City

WHO: BREATHE California of Los Angeles County (BREATHE LA)

WHAT: “Walk with a Doc” a monthly event occurring on the 3rd Saturday of every month, for 11 consecutive months through July 2018

Yossef Aelony, M.D. A Clinical Professor of Medicine (Pulmonary) Harbor UCLA, is a TB Clinician and an Internist will be leading the walks

WHERE: Ken Molloy Regional Park
25820 S. Vermont Ave. Harbor City, CA 90710
Parking is free.

WHEN: Saturday, September 23 (inaugural walk)
8:30 a.m.
Registration: 8:00 a.m.

WHY: Walk with a Doc (WWAD) is a national program that encourages healthy physical activity in people of all ages, in order to improve the health and well-being for all. Created in 2005 by Dr. David Sabrig, a cardiologist in Columbus, Ohio who was frustrated with his inability to effect behavior change in the clinical setting, he invited his patients to go for a walk with him in a local park on a Saturday morning and to his surprise over 100 people showed up energized and ready to move. WWAD has grown as a grassroots effort, with a model based on sustainability and simplicity. A doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace.

COST: Free
Complimentary water and snacks provided

MORE: BREATHE LA website: www.breathela.org
Walk with a Doc website: www.walkwithadoc.org

Sponsorship Opportunities Available – Contact: Christina Correia
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