



Let's take steps towards good health. Get moving with BC's doctors!
Walk with your Doc events hosted throughout the week of May 7 – 14, 2016.

- ◆ Join a doctor-led walk in your community and receive a **free pedometer** (while quantities last).
- ◆ **Photo Contest:** Share your photos and hashtag **#WalkWithYourDoc** for your chance to win great prizes!

Campbell River and District - Come Walk with Your Doc

- ◆ Saturday May 7th – The Bridge Medical
Starting at 2:00 pm
Meet at The Bridge Medical Clinic and walk the Oyster River Nature Park Trail
Walk duration – 30 minutes to ocean shore and return
- ◆ Monday May 9th – Seawatch Medical
Starting at 12 noon with warm up exercises
Meet at Frank James Park, Willow Point - *look for the balloon decorated tent!*
Partnering with Active Living Physio and Rehab in Motion
Fresh water is available so please bring a water bottle
Fresh fruit will be available at the end of the walk
Walk duration – 30 minutes
- ◆ Wednesday May 11th – New Horizons Care Home
Starting at 3:00 pm
Meet in Common Room and walk the block around the building
Partnering with Rehab in Motion
Staff assistance for all residents who wish to walk
- ◆ Friday May 20th – Yucalta Lodge
Starting at 10:30 am with warm up exercises
Route will be down Cedar Street to 4th Avenue (*walking assistance will be available through Phoenix Middle School*)
Water stations will be attended by the kindergarten class of Cedar Elementary School
Walk duration – approximately 30 minutes

All physicians, clinic staff, patients and families
are welcome to walk at all walks