



Every 4th Thursday* @ 12PM

Registration • 11:30AM - 12PM

Stay healthy! Join us on our walks!

By blending education, movement, and community engagement, “Walk with a Doc” empowers people to take control of their health one step at a time. The program is free, inclusive, and open to all ages and fitness levels, making it an easy entry point for those who may be intimidated by traditional exercise or hesitant to seek medical advice.

Research has shown that you could gain three hours of life for each hour of regular exercise. A quick stroll around the block does a body good!

2026 Schedule

- **January 22nd**
- **February 26th**
- **March 26th**
- **April 23rd**
- **May 28th**
- **June 25th**
- **July 23rd**
- **August 27th**
- **September 24th**
- **October 22nd**
- **November 19th ***
(3rd Thursday • 4th is Thanksgiving)
- **December 17th ***
(3rd Thursday • 4th is Christmas)

**The Salvation Army
Red Shield Center**

945 W. 69th Street
Chicago, IL 60621

Second Floor
Walking Track Lobby



To register or for more information please scan the qr code or visit
<https://walkwithadoc.org/join-a-walk/locations/chicago-illinois-3/>

If you have any questions, please reach out to Marcelino Garcia at
mgarcia6@cookcountyhhs.org.



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HEALTH**
cookcountyhealth.org