

# 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!

### The Salvation Army Red Shield Center

945 W. 69th Street  
Chicago, IL 60621

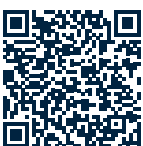
Second Floor  
Walking Track Lobby

## 2026 Schedule

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

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](mailto:mgarcia6@cookcountyhhs.org).



## COOK COUNTY HEALTH

[cookcountyhealth.org](http://cookcountyhealth.org)

