

Free Community Health Event

Walk Talk and Learn!



6/24/2017-Please join us for our next event **Saturday, July 15th, 2017** supported by Healthytown Everywhere (www.docpaul.com) and Walk with a Doc (walkwithadoc.org). We will meet at the Royal Oak Middle School at (the old Dondero High School Parking Lot) at 709 S. Washington Ave.

We will convene at 8:45 a.m. and leave promptly at 9:00 a.m. for an early Saturday walk down the heart of the city, proceeding south down Washington and then via 4th Street to Main Street, moving toward Holiday Market our end destination at 1203 S. Main Street. Along our route, we will have representatives from the Royal Oak Historical Society who will provide many different points of interest along our route. The walk is about 30 minutes and covers 1 mile.

All are welcome to join along the route if you miss us at the start!. Once at the Market, we will have Grocery store tours performed by registered dieticians and health measurements performed by Michigan State University College of Osteopathic medical students from 10:00 a.m. to 12:30 p.m. and for those that would like, we will walk back to our starting point.

In good health,

A handwritten signature in cursive that reads "Paul Ehrmann, D.O.".

Paul Ehrmann, D.O.

This event is supported by:



College of
Osteopathic Medicine

