



Join Us for Our First Walk!

Saturday, April 4th

9 AM - 10 AM

at the Guntersville Rec Center

Community members are invited to gather at the Guntersville Rec Center on the first Saturday of each month to walk along the scenic lakeside trails.

Each monthly session will begin with a 5–7 minute health talk from Dr. Amanda Storey, who is board-certified in Family and Lifestyle Medicine. Dr. Storey will share practical insights on relevant health topics before leading participants on the walk.



- ***Walk at your own pace and distance***
- ***Stay educated!***
- ***Meet new friends!***



To learn more, visit
www.MMCWalkWithADoc.com