



December's Topic: **Balancing Nutrition During the Holidays!**
Enjoy healthy snacks, walk with Santa, and meet a physician.

Walk with a Doc

An indoor walking program (outdoor weather permitting) presented by **OSU Extension** and led by a local physician from **OhioHealth Marion General Hospital** and **Center Street Community Health Center**. You will take a few minutes to learn about a current health topic; then spend the rest of the hour enjoying a healthy walk and conversation with a doc. Walk ***your own pace and distance***. Bring a friend at this **free** community event! No registration necessary. All ages and abilities welcome. **Bring a photo ID or YMCA membership card.**

**Every first Thursday of the month from 12pm-1pm
at the Marion Family YMCA, 645 Barks Rd E**

To learn more contact OSU Extension at (740) 223-4040 or find us on **f Facebook at Walk with a Doc Marion**. Transportation assistance is available. Contact OSU Extension for more information.

