



LOCATION

Ft. Benjamin Park
Picnic Shelter 1
100 McQueen Ave.
Newport

AGE GROUPS

Open to all ages

WHEN

2nd Thursday of each month
10:00 am - 11:00 am

COST
FREE



walk WITH a DOC

Join our monthly featured physician for an energizing walk around the park while gathering new tips about health and wellness. A new topic will be covered each month. Walks are interactive and any questions you may have are welcome!



Like us on
Facebook for
updates and
monthly
topics.



Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. What better way to improve your week than on your feet making strides to help your heart and improve your general health for a longer life!

Check in at 10:00am

Walk/Interactive Discussion 10:20-11:00am

This program is sponsored by
Carteret County Parks & Recreation,
Carteret General Hospital and Friendly Caregivers.

For more information contact Darlene Austin at
252-808-3301 or darlene@carteretcountync.gov