



## LOCATION

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

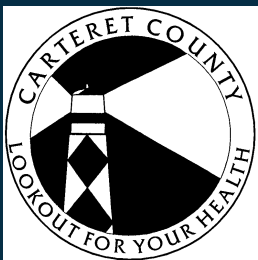
## AGE GROUPS

Open to all ages

## WHEN

2nd Thursday / Monthly  
First walk: October 9th  
10:00 am - 11:00 am

**COST  
FREE!**



# walk WITH a DOC

Join our featured physician/health educator 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, Friendly Caregivers and  
Carteret County Health Department.

For more information contact Darlene Austin at  
252-808-3301 or [darlene@carteretcountync.gov](mailto:darlene@carteretcountync.gov)