

Sat. Aug. 6, 2022

8:00 - 9:00AM

Keopuolani Park

(Wahinepio Ave x Keopuolani Pkwy)



Dr. Nicole Apoliona
invites you to

walk WITH a DOC

educate. exercise. empower.

Have some fun and join us for Walk with a Doc

Come take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to get some exercise, learn about health, and meet new people. The event is **free** and open to everyone, so please feel free to bring family or friends! Join us the first Saturday of every month.



Questions?

Email Address:
napolionamd@gmail.com

We are a local chapter of an international program. Learn more at www.walkwithadoc.org