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Walk With a Doc, Staunton

Date and Time

Monthly on the second Saturday at 8:30am for 5 times

Event URL

<https://www.augustahealth.com/events/walk-with-a-doc>

Event Region

Harrisonburg/Staunton/Lexington

Event Type

Social event

RSVP Info

540-932-4191

Event Cost

\$0.00

Event Description

A new program called Walk With a Doc is being launched. It is part of a nationwide program to get communities moving. A walk will be led by one of Augusta Health's doctors in Staunton's Gypsy Hill Park or Waynesboro's Greenway. There is a walk once a month at each location. Each participant will receive a free t-shirt and pedometer. This free activity is sponsored by the Augusta Health Community Benefit Committee in collaboration with Staunton Parks & Recreation and Waynesboro Parks & Recreation. Call 540-932-4191 to request more information. For Staunton location, meet at Bandstand.