



Walking Schedule:

2-3 Saturdays every month at 9:00 AM (dates will be communicated on the website and text/email reminders)

Walk Location:

Airfield Falls Trailhead and Conservation Park, Fort Worth, TX 76114

*meet at the tables by the amphitheater

SCAN TO SIGN UP:

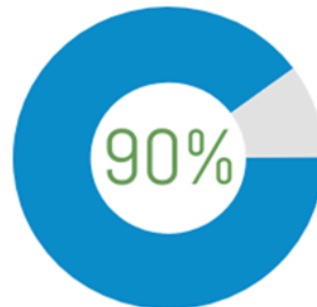


TAKE A **STEP** TOWARD BETTER HEALTH

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from a local dietitian, and meet new people. The events are **FREE** and all Tarrant County HIV agency staff, clients, and friends and family members are welcome!



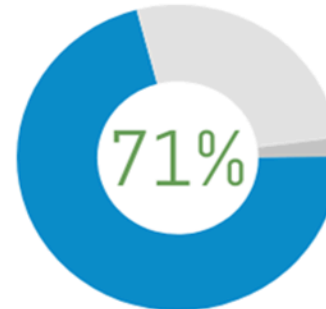
EDUCATE



90% of participants feel they are **MORE EDUCATED** since starting Walk with a Doc.



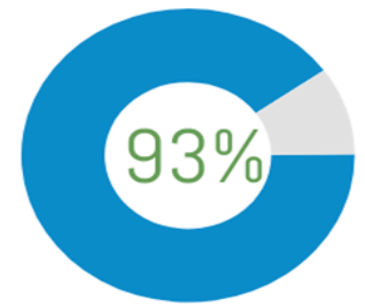
EXERCISE



71% of participants get **MORE EXERCISE** since starting Walk with a Doc. **27%** have **maintained** their level of activity.



EMPOWER



93% of participants feel **MORE INSPIRED** to lead a healthier lifestyle as a result of Walk with a Doc.