

Join us for Walk with a Doc

Simply going for a walk is one of the best things you can do for your health!

Join us at Del Lago Park on the 3rd Saturday of every month at 8 AM.

This FREE walking group is a fun and safe place to take a walk, learn about health from a local healthcare professional, and meet new friends.



2024

January 20- Goal setting

February 17- Social Connection

March 16- Reading Food Labels

April 20- Music & Health

May 18- Walking & Mental Health

June 8-Sleep

July 20- Hydration

August 17- Yoga & Stretching

September 21- Environmental Health

October 19- Children's Health

November 16- Holiday Grief

December 21- Winter Fitness



Registration: 8am

Warm-up: 8:05am

Education: 8:30am

Location: Del Lago Park 1700 N Laspina Ave, Tulare, CA 93274