



2024

Please join Capital Health Plan for Walk with a Doc Tallahassee - an event where the members of our community come together to speak with our physicians as we stroll through our local parks and greenways.



Our chapter number is:
17436

Upcoming Walks:

13 JANUARY	Weight Loss Dr. Amy Neal <i>Cascades Park</i> 1001 S Gadsden Street	13 JULY	Benefits of Eating Avocado Dr. Christine Chiu-Geers <i>Cascades Park</i> 1001 S Gadsden Street
10 FEBRUARY	Benefits of Laughter Dr. Ade Omotayo <i>Cascades Park</i> 1001 S Gadsden Street	10 AUGUST	The Importance of Sleep Dr. Ryan Curran <i>J. R. Alford Greenaway (Piney Z)</i> 4900 Heritage Park Boulevard
23 MARCH	Mental Health Dr. Maria Andrews <i>J. R. Alford Greenway (Buck Lake)</i> 2500 Pedrick Road	14 SEPTEMBER	Medication Safety Dr. Simon Lopez <i>Cascades Park</i> 1001 S Gadsden Street
13 APRIL	Mindfulness Dr. Angela Bradford <i>Cascades Park</i> 1001 S Gadsden Street	12 OCTOBER	Cancer Prevention Dr. Viralkumar Bhanderi <i>Cascades Park</i> 1001 S Gadsden Street
11 MAY	Social Connection Dr. Lindsay Hinson <i>Miccosukee Greenway</i> 5600 Miccosukee Road	9 NOVEMBER	Falls Prevention Dr. Lynn Jones <i>Cascades Park</i> 1001 S Gadsden Street
8 JUNE	Heat Awareness Dr. Marlisha Edwards <i>Cascades Park</i> 1001 S Gadsden Street	14 DECEMBER	Goal Setting Dr. Shermeeka Hogan-Matthews TBD

***All dates, times, and locations are subject to change in a moments notice. Please refer to our Walk with a Doc homepage for detailed information on upcoming walks and registration information.*

Presented by:



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