



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 Cascades Park 1001 S Gadsden Street	13 JULY	Benefits of Eating Avocado Dr. Christine Chiu-Geers Cascades Park 1001 S Gadsden Street
10 FEBRUARY	Benefits of Laughter Dr. Ade Omotayo Cascades Park 1001 S Gadsden Street	10 AUGUST	The Importance of Sleep Dr. Ryan Curran J. R. Alford Greenaway (Piney Z) 4900 Heritage Park Boulevard
23 MARCH	Mental Health Dr. Maria Andrews J. R. Alford Greenway (Buck Lake) 2500 Pedrick Road	14 SEPTEMBER	Medication Safety Dr. Simon Lopez Cascades Park 1001 S Gadsden Street
13 APRIL	Mindfulness Dr. Angela Bradford Cascades Park 1001 S Gadsden Street	12 OCTOBER	Cancer Prevention Dr. Viralkumar Bhanderi Cascades Park 1001 S Gadsden Street
11 MAY	Social Connection Dr. Lindsay Hinson Hudson Park 21 Ochlockonee Street, Crawfordville, FL	9 NOVEMBER	Falls Prevention Dr. Lynn Jones Cascades Park 1001 S Gadsden Street
8 JUNE	Heat Awareness Dr. Marlisha Edwards Cascades Park 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:



An Independent Licensee of the Blue Cross and Blue Shield Association