**Walk With a Doc 2025/6**

**Second Saturday**

(\*=exception, ^=WWAD topic)

**Site Dates Topics Speaker Photos**

Cascades Jan 11th Weight Loss Cain

Cascades Feb 8th Heart Health Cepeda

JR Alford \*March 1st Colon screening Muniyapa & Loucks

(\*Avoid Spring break)

Cascades April 12th Functional Fitness Bradley

TBD May 10th Stroke prevention Lawson

Cascades June 14th Social Connection Helgren

TBD July 12th Hydration Wilsons

TBD August 9th Eye Health Adamson

TBD September 13th Nature D Jones

Cascades October 11th Cancer Prevention Blank & Everidge

Cascades November 8th Lifestyle Med Rose

FSU/RailRd December 13th Holiday Grief Ferraro

Cascades January 10th 2026 Healthy Skin VanLandingham