



## 2nd Saturday of Every Month

8:00AM-9:15 AM • Blain Park- 3101 S. Court St. • Visalia, CA 93277

January and February events will be held at The Kaweah Health Lifestyle Fitness Center, 5105 W. Cypress Ave., Visalia, CA 93277.

| Health Topic            | 2026 Dates     |
|-------------------------|----------------|
| Health Goals            | January 10th   |
| Heart Health            | February 14th  |
| Colon Cancer            | March 14th     |
| Gardening               | April 11th     |
| Asthma                  | May 9th        |
| Weight Management       | June 13th      |
| Skin Health             | July 11th      |
| Stress Management       | August 8th     |
| Healthy Aging           | September 12th |
| Breast Cancer Awareness | October 10th   |
| Diabetes & Oral Health  | November 14th  |
| Grief and the Holidays  | December 12th  |

You will take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and meet new friends. The events are FREE to the public!

Registration: 8 AM  
Warm Up 8:15 AM  
Talk: 8:30 AM  
Healthy Snacks & Prizes!

[WALKwithaDOC.org](http://WALKwithaDOC.org)



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