

# walk<sup>®</sup> with a DOC Topeka

You're invited to come walk a mile with us and celebrate Dr. Franz's retirement and discuss how to stay healthy during retirement.



Saturday, March 18  
at 9 a.m.

Washburn University (East side of Lee Arena)

The walk will be outside. If it rains, snows, or is too cold, we will move the walk inside.

DR. MARY  
FRANZ

This doctor-led group is a fun and safe place to go for a walk, hear briefly about an important health topic, and enjoy a walk with a physician.

The event is **FREE** and all are welcome!

Ask your provider about upcoming walks!



 Stormont Vail  
Health

 BlueCross BlueShield  
Kansas

 KHA  
Kansas Hospital  
ASSOCIATION

Questions?

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