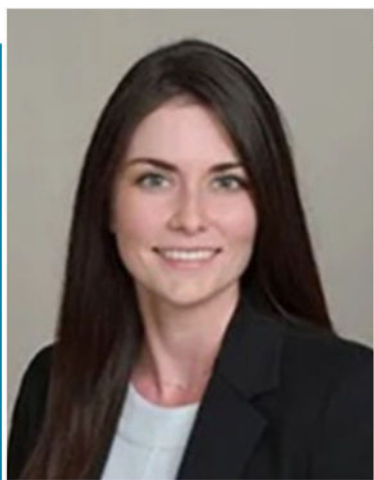


walk[®] with a DOC

educate. exercise. empower.



September 3rd, 2025 | 5:30 – 6:30 p.m.

Location: Soldotna Field House on the new elevated walking track!

526 Arena Ave., Soldotna, AK 99669

Hosted by Rachel Blanc, DO

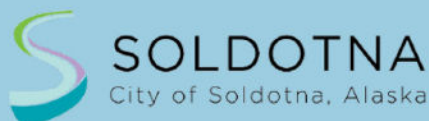
Central Peninsula Family Medicine | Pediatrics, Kenai

Topic: Osteoporosis -

Building Bone Strength, Step by Step

This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is **FREE** and all are welcome!

Future walks will be held on the 1st Wednesday of every month.



Questions?

tvick@cpgh.org | 907-714-4665

We are a local chapter of an international 501 (c) 3, learn more at www.cpgh.org/walk/