

Take a **STEP** toward  
better **HEALTH**

walk WITH a  
DOC



"I have two doctors,  
my left leg and my right."

-G.M. Trevelyan

Walking for as little as **30 MINUTES A DAY** can:

- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Elevate your mood
- Reduce your risk of osteoporosis, cancer and diabetes

**TIME:** 12:30 p.m.

**DATES:** Fourth Wednesday of each month  
(May-October)

**LOCATION:** Ottumwa Medical Clinic Front Door

**WHO CAN ATTEND:** ANYONE!  
*(This is a free event open to the public)*

**CONTACTS:**

Charley Weaver, RN,  
Ottumwa Iowa Heart Center  
(641) 682-5349

Or Cindy Conroy  
Iowa Heart Foundation  
[cconroy@iowaheart.com](mailto:cconroy@iowaheart.com)



[www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)