

walk WITH a DOC

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



Find out where we'll be in your state!

WALKwithaDOC.org



WALK WITH SAINT VINCENT DOCTORS AND OTHER HEALTH CARE PROFESSIONALS

SAINT VINCENT HOSPITAL'S INDOOR WALKING TRACK!

123 Summer Street, Worcester

EVERY SATURDAY 9AM

meet at 8:45 am for stretch and warm up



NANDANA KANSRA, MD, MPH

Internist, Saint Vincent Medical Group of Shrewsbury
Assistant Professor, UMass Medical School

Our mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

