



No Pre-Registration Required

Boone River Recreation Trail

Saturday
Sept. 9th, 2017
9:00-10:00am



Check-In begins at 8:30 a.m.
Briggs Woods Lake, Parking Lot
(located on south side)

Whether exercise is part of your daily routine, or it is just what the doctor ordered, join Dr. Suzanne Bartlett Hackenmiller (Dr. Suzanne) for Van Diest Family Health Clinic's first Walk & Talk. Dr. Suzanne was featured in the article, "Nature's Medicine" in Prevention Magazine, and now she is inviting the community to join her. Grab your walking shoes and talk with Dr. Suzanne about your health and wellness goals, and the questions you have about how to live a healthier life.

Questions? Contact Lori Foster
at 515.832.7877 or lfoster@vandiestmc.org.

Walk & Talk

with Dr. Suzanne

VAN DIEST 
Family Health Clinic