

Aetna Better Health of Maryland & HSMP present

WALK WITH A DOC

**Lexington Manor Passive Park
(Rennell Pavilion)**

Saturday, October 14, 2023

10:00 AM - 12:00 PM

With a walk led by

Dr. Gayle Jordan-Randolph

Aetna Better Health of Maryland

**FREE snacks
and
refreshments!**

Featured topics

Health Benefits of Walking
Fall Immunizations

**FREE door
prizes for
participants!**

Followed by a Community Health Fair

St. Mary's County Community Development Corporation

Minority Outreach Coalition ❖ Three Oaks Center

St. Mary's County Health Department ❖ Lifestyles of Maryland

Greater Baden Medical Services



Aetna Better Health®
of Maryland

