

Aetna Better Health of Maryland & HSMP present

# WALK WITH A DOC

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

Saturday, October 28, 2023

9:30 AM - 11:30 AM

**With a walk led by**  
Temeria Wilcox, NP  
NP Family Practice

**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

