St. Lawrence Health invites you to



Saturday, October 1, 2022 10:00 -11:00 am

Remington Trail at Partridge Run Golf Course
70 Sullivan Drive, Canton, NY

"Move it or lose it: How movement and lifespan are connected"

Join Dr. Stacey Zeigler, physical therapist, and other community doctors of physical therapy along with pediatrician, Dr. Cynthia Mondesir. Learn about the importance of movement and enjoy a walk on a flat, paved trail at your own pace while meeting some of our local healthcare providers.

Water, healthy snacks, and giveaways will be provided.

The event is FREE and open to people of all ages and abilities.



ST LAWRENCE HEALTH

An Affiliate of Rochester Regional Health



Questions?
Contact Carolyn at 315-261-5406

For more information, visit:

Walkwithadoc.org/join-a-walk/locations/stlawco/