



For Immediate Release

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Let's Walk, Talk, and Get Healthier *Inaugural "Walk With A Doc" to be held April 6*

MACON, GA (Wednesday, March 27, 2019) – Navicent Health invites members of the community to its inaugural “Walk With A Doc” event in an effort to encourage greater health and wellness.

“Walk With A Doc” will be held the first Saturday of each month, beginning April 6, in Macon’s beautiful Central City Park (150 Willie Smokie Glover Drive, Macon). Registration will begin each Saturday at 10:00 a.m., with the walk beginning at 10:30 a.m.

Dr. Harry Strothers of Family Health Center, Navicent Health will lead the first “Walk With A Doc” event on April 6.

“What better way to start your weekend than to take steps toward a healthier lifestyle? We will walk in the park for exercise, and my team and I will answer any health and wellness questions that participants may have. This is a great way to build relationships with local doctors and others in the community, while learning more about health and wellness in a fun, relaxing environment,” said Dr. Strothers.

The U.S. Surgeon General recently recognized walking as one of the single most important exercises for greater health. As part of its continuous effort to improve community health, Navicent Health is bringing together two national walking programs – Park Prescriptions and Walk With A Doc. Together, these programs support many of Navicent Health’s guiding objectives, including the desire to create healthy communities and to engage healthcare consumers in meaningful, impactful ways

Additionally, the program also supports Macon-Bibb County Parks and Recreation and Bike Walk Macon’s shared mission of creating healthy communities through people, parks, and programs.

“Bike Walk Macon, Macon's first bicycle and pedestrian advocacy organization, is enthusiastic to support Walk with a Doc because it aligns with our mission to create a more bikeable, walkable Macon-Bibb County by encouraging people of all ages and skill levels to move around in one of Macon's greatest assets, our public parks, in a fun and free way,” said Rachel Hollar, Executive Director of Bike Walk Macon.

Walk With A Doc events are open to those of all fitness levels. Participants may walk at their own pace and distance, knowing that each step is a step toward greater health.

About Navicent Health

Navicent Health, the leading provider of healthcare in central and south Georgia, is committed to its mission of elevating health and wellbeing through compassionate care. Providing more than 1,000 beds and offering care in 53 specialties at more than 50 facilities throughout the region, Navicent Health provides care for healthcare consumers’ through an academic medical center; community, pediatric and rehabilitation hospitals; urgent care centers; physician practices; diagnostic centers; home health; hospice and palliative care; and a life plan community. Navicent Health

is dedicated enhancing health and wellness for individuals throughout the region through nationally-recognized quality care, community health initiatives and collaborative partnerships. For more information, please visit www.navicenthealth.org.

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