

Delaware County Medical Society

Join us on our monthly Walk with a Doc Program!

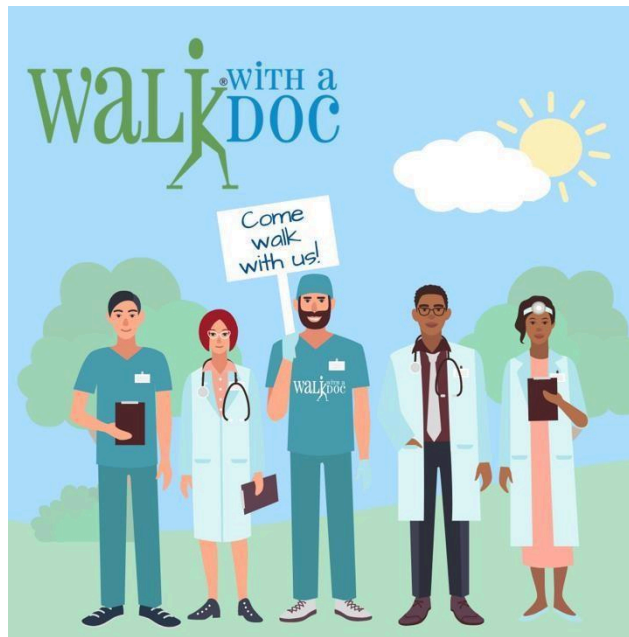
We encourage your patients and the public to attend.

Please print the flyer in the link below to share in your waiting room!

SATURDAY – JANUARY 4, 2025 | 8:30 – 9:30 AM

SATURDAY – FEBRUARY 1, 2025 | 8:30 – 9:30 AM

SATURDAY – MARCH 1 | 8:30 – 9:30 AM



WINTER LOCATION:

Springfield Mall located at 1250 Baltimore Pike, Springfield PA 19074 (lower level entrance in the back near Target).

Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and free! Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate- intensity aerobic activity such as walking can provide these incredible health benefits. Join us and have a conversation with a doctor.

Any questions, please call 610-892-7750

