



---

---

## NEWS RELEASE

---

---

**CONTACT:** Crystal Locke, Community Services Specialist, 979-337-7254  
Kristey Tedder, Verna.Tedder@BSWHealth.org, 979-337-5241

**DATE:** March 14, 2019

### **Walk with a Doc – The Path to a Healthier You**

Walking is one of the single best things to do to live a long, high-quality life. Baylor Scott & White – The Brenham Clinic and the City of Brenham’s program, Walk with a Doc (WWAD), make it easy by providing the time, place, motivation, and people for a fun walking experience.

The third WWAD is Saturday, March 23 at the Kruse Center - Blinn College-Brenham Campus located at 208 Blinn Blvd., beginning at 9:00am with a brief 10-15-minute motivational health talk led by registered dietitian Melanie Roberts, RD, LD. Learn about the importance of good nutrition for a healthy life, then step off on a healthy 30-minute walk where you can continue the conversation.

Word Count: 113