

Walk with a Doc



Franciscan Health Rensselaer will host the “Walk with a Doc” program this spring. This program was created by David Sabgir, M.D., a cardiologist with Mount Carmel Clinical Cardiovascular Specialists in Ohio. Dr. Sabgir wanted to encourage healthy physical activity in people of all ages and to reverse the consequences of a sedentary lifestyle. This program is geared toward improving societal health and well-being.

Walk with a Doc is an opportunity for the community to walk with our fantastic team of medical professionals every Tuesday from May 8 to June 12.

Event Details

- Dates: Tuesdays on May 8, 15, 22, 29, June 5 and 12.
- Location: Hall Pavilion, Brookside Park/Weston Cemetery in Rensselaer
- Time: 5 to 6 p.m. Central
- Registration: FranciscanHealth.org/WalkRensselaer or by calling Administration at (219) 866-2004.

Each medical professional will begin the walk with a short talk about a health-related topic. A snack and water will be provided. All activities will occur, regardless of weather (unless conditions are deemed dangerous).

Updates regarding the program will be provided via email if an address is provided.