

Mercy Medical Center's

Walk With a Doc



Take a walk with a doc.



Join Mercy Medical Center and Cardiologist, Nicholas Hodgman MD, from Cedar Rapids Heart Center, P.C. and learn simple steps you can take to add years to your life, then get your individual heart health questions answered as you walk with the doc.

Tuesday, February 28, 2012

6 p.m.

Lindale Mall

East of the fountain towards Sears

To register, visit
www.mercycare.org/events
or call 319-221-8674.



justwalk
a WALK with a
DOC program



for more information, visit www.mercycare.org/steps2health

This is a free program sponsored by Mercy Medical Center's Steps2Health walking program.