

# walk™ with a DOC

educate. exercise. empower.



**PHYSICIAN LEADER**  
Matthew Griffin, MD

## Take a Step Toward Better Health

Salinas Valley Memorial Healthcare System invites you to join our physicians on a monthly walk and talk that will inspire and inform. Let our unique health and wellness programs connect you with your best life.

**WHEN: January 18, 2020, 9-10am**

**WHERE: Fort Ord National Monument, Badger Hills Trailhead  
(Across Highway 68 from Toro Café)**

**TOPIC: Managing foot pain and common foot conditions**

For more information and to reserve your spot, call our Health Promotion Department at 831-759-1890. New physicians and topics every month.



Salinas Valley Memorial Healthcare System

[svmh.com/walkwithadoc](http://svmh.com/walkwithadoc)