



**BREATHE**  
**CALIFORNIA**  
*of Los Angeles County®*

5858 Wilshire Blvd.  
Suite 300  
Los Angeles, CA 90036  
PH 323.935.8050  
F 323.935.1873  
[www.breathela.org](http://www.breathela.org)

FOR IMMEDIATE RELEASE

Contact: Christina Correia  
Associate Director, Fund Development  
(323) 935-8050 ext. 231  
[CCorreia@breathela.org](mailto:CCorreia@breathela.org)

**MEDIA ALERT – Calendar Listing**

**BREATHE LA's "Walk with a Doc"**  
**Saturday, September 23 at 8:30 a.m.**

**Free Community Program at Ken Malloy Harbor Regional Park Harbor City**

**WHO:** BREATHE California of Los Angeles County (BREATHE LA)

**WHAT:** "Walk with a Doc" a monthly event occurring on the 3<sup>rd</sup> Saturday of every month, for 11 consecutive months through July 2018

*Yossef Aelony, M.D. A Clinical Professor of Medicine (Pulmonary)  
Harbor UCLA, is a TB Clinician and an Internist will be leading the walks*

**WHERE:** Ken Molloy Regional Park  
25820 S. Vermont Ave. Harbor City, CA 90710  
Parking is free.

**WHEN:** Saturday, September 23 (inaugural walk)  
8:30 a.m.  
Registration: 8:00 a.m.

**WHY:** Walk with a Doc (WWAD) is a national program that encourages healthy physical activity in people of all ages, in order to improve the health and well-being for all. Created in 2005 by Dr. David Sabrig, a cardiologist in Columbus, Ohio who was frustrated with his inability to effect behavior change in the clinical setting, he invited his patients to go for a walk with him in a local park on a Saturday morning and to his surprise over 100 people showed up energized and ready to move. WWAD has grown as a grassroots effort, with a model based on sustainability and simplicity. A doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace.

**COST:** Free  
Complimentary water and snacks provided

**MORE:** BREATHE LA website: [www.breathela.org](http://www.breathela.org)  
Walk with a Doc website: [www.walkwithadoc.org](http://www.walkwithadoc.org)

Sponsorship Opportunities Available – Contact: Christina Correia

[CCorreia@breathela.org](mailto:CCorreia@breathela.org)



Printed on Recycled Paper