



# Walk with a Doc

Walk with a Doc is an indoor walking program (outdoor weather permitting) in partnership with Kenton City Schools, the OSU Extension, ONU HealthWise and OhioHealth.

Attendees will take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk and conversation with a provider or healthcare professional.

- + Walk at your own pace and distance.
- + Bring a friend at this free community event.
- + No registration is necessary.
- + All ages and abilities welcome.

**Monday, November 7 at 5:30 PM:**  
Norma Ogbonna, MD  
OhioHealth Physician Group, Kenton  
**Topic:** *Mental health and depression*

**Monday, December 5 at 5:30 PM:**  
Tammy Shepherd, C-NP  
OhioHealth Urgent Care, Kenton  
**Topic:** *Flu vs cold symptoms and where to go for care*

**Sessions will be held at the  
Kenton Elementary School  
631 Silver Street - Kenton**



**FOR MORE  
DETAILS**

To learn more, call Hardin Memorial Hospital at (419) 675-8137 or the OSU Extension Office at (419) 674-2297.