



TAKE A **STEP** TOWARD BETTER HEALTH!

Walking monthly every 2nd Saturday at 7:30 AM beginning 9/12/2026

Leader: Jynnifer Albano, NP-C DipACLM

Location: Eastville Community Health Center Parking Lot

**17068 Lankford HWY, Cape Charles, VA 23310
(Meet under the awning at the main entrance)**

This walking program is a fun and safe place to go for a walk, learn health tips from local healthcare professionals, and meet new people. The program is FREE and all are welcome!

Learn more and register:



WALKwith a DOC.org



**Physical
Activity**



**Health
Education**



**Social
Connection**



**Time in
Nature**



We are a proud part of the international Walk with a Doc program: Chapter #47465