



# Walk with a Doc

## Walk with a Doc

### **INTEGRIS Family Care Edmond East**

4509 INTEGRIS Parkway, Edmond, OK 73034

**What:** 1-mile walk with a doctor

**When:** 2nd Saturday of every month, 9 a.m.

**Who:** Craig Kupiec, M.D. – Internal Medicine / Pediatrics physician at INTEGRIS Family Care Edmond East

**Where:** 4509 INTEGRIS Parkway, Edmond, OK 73034. Meet in the NW corner of the parking lot.

Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer! While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians.

Join INTEGRIS doctor Craig Kupiec, M.D., the 2nd Saturday of each month for our Walk with a Doc! To learn more, visit [walkwithadoc.org/our-locations](http://walkwithadoc.org/our-locations).

**INTEGRIS**

**walk** WITH a  
**DOC**  
educate. exercise. empower.