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**JOIN DR. RAO FOR A WALK**

**WHO: DR. RAO**

**WHAT: A FREE 60 MINUTE WALK WITH THE DOC.**

**WALK YOUR OWN PACE AND DISTANCE**

**WHEN: SAT. SEPTEMBER 11, 2021 @ 4:00 PM**

**WHERE: CUSHWA BASIN 205 POTOMAC ST, WILLIAMSPORT, MD**

**WHY: DID YOU KNOW JUST 30 MINUTES**

**OF WALKING A DAY CAN:**

* **Increase your energy**
* **Help you sleep better**
* **Increase productivity**
* **Make you feel happier within just 10 minutes**

**See 96 more reasons at www.walkwithadoc.org/why-walk/**