Walk with Dr. Alison Bailey of the Gill Heart Institute

Go on a 30-minute group walk led by a cardiologist and learn about heart health!

Twice a month on Thursdays

Meet at Lexington Arboretum Visitor Center
Events start at 6:00 pm

April 16       June 25
April 30       July 9
May 14         July 23
May 28         August 13
June 11        August 27

Open to the general public - invite your friends & family!

Sign up for updates and walk reminders:
www.uky.edu/hr/wellness/doc