

MEDIA ADVISORY

Walk with your Doc across Vancouver Island September 17-25, 2022

*From prescribing exercise, to walking with patients,
BC's doctors are changing the way we view "medicine"*

VANCOUVER, BC – Doctors of BC's annual *Walk with your Doc* event is back, taking place September 17-25 in communities across the Interior. Information about these walks can be found at www.walkwithyourdoc.ca.

All residents are invited to participate in these free events, and will receive a complimentary hip pouch to keep their small valuables secure while walking (while supplies last). Use the hashtag #WalkWithYourDoc on Instagram and Twitter to share your experience with walkers from around the province.

Developed by Doctors of BC, *Walk with your Doc* provides a great opportunity for doctors to connect with groups of patients and walk side by side, while discussing the health benefits that come with regular movement, and demonstrate their commitment to supporting patients in leading a healthier lifestyle.

Studies show that moving daily helps maintain weight levels, boosts the immune system, lowers stress, and prevents memory loss. Doctors recommend patients walk at least 30 minutes every day to maximize the many health benefits walking provides.

Each year, *Walk with your Doc* expands across the province continuing its mission of encouraging and supporting British Columbians to live an active lifestyle.

To find times, dates, and locations of walks please visit the *Walk with your Doc* website at: www.walkwithyourdoc.ca

- 30 -

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