



## **FOR IMMEDIATE RELEASE**

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### **Walk with A Doc - April 21, 2018 – This Month’s Topic is Cancer Prevention**

**New Braunfels, Texas** – “The City of New Braunfels Parks and Recreation Department is pleased to announce it is collaborating with Dr. Judith Thompson, MD and Christus Santa Rosa Hospital – New Braunfels to bring you a new opportunity to get active, fit and get your health questions answered,” said Ylda Capriccioso, Park Development Manager. “This is a free event and open to the public.”

This new initiative, called Walk with A Doc, is here to promote healthy living and encourage residents to visit parks while staying active. This walk with Dr. Thompson is scheduled for April 21, 2018 at 9:00 a.m. The group will meet at the Landa Park Train Depot.

This month Walk with A Doc is focusing on cancer prevention. Along with Dr. Judith Thompson, Dr. Sreedevi Daggubati, Medical Oncologist with Texas Oncology - New Braunfels, will be in attendance to answer questions as participants take a stroll through the park.

“According to the American Heart Association, walking has the lowest dropout rate of any physical activity,” Capriccioso noted. “Walking is low impact and easier on the joints than running. It is safe – with a doctor’s approval – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. In addition, research has shown that you could gain two hours of life for each hour of regular exercise. Which makes Walk with a Doc a great opportunity for anyone interested in taking steps towards a healthier lifestyle.”

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behavior change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him in a local park. During these sessions, a doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace. Walk with a Doc now extends all around the globe, with over 300 chapters worldwide.

For additional information on these walks, visit [www.facebook.com/NBPARKS](http://www.facebook.com/NBPARKS) or contact Ylda Capriccioso at 830-221-4367, Cindy Gomez at 830-624-7993, or Kristi Kirby at 830-643-6190.

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