



FOR IMMEDIATE RELEASE

Contact: Owen Cowdery

918.710.4452

[owen.cowdery@communityhealthconnection.org](mailto:owen.cowdery@communityhealthconnection.org)

**Announces New WALK WITH A DOC Program  
“Take a step toward better health,” says Dr. Sarah-Anne Schumann**

Tulsa, OK. (October 12, 2016) – Community Health Connection will host the first of Tulsa’s *Walk with a Doc* walking program on Saturday, October 15, 2016 at 9:00 am. Walkers will enjoy a refreshing and rejuvenating walk with Dr. Sarah-Anne Schumann and other healthcare professionals, who will provide support to the walkers and answer questions during the walk.

*Walk with a Doc* is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. “This program has had tremendous participation and tremendous success in many other cities around the country,” said Dr. Schumann. “I’m very pleased to be a part of this exciting and simple program that shows such improved health results for so many people.”

Dr. Schumann encourages anyone in the community to join the walk. This is a FREE program and pre-registration is not required. Future walks will be announced via the *Walk with a Doc* website, [www.walkwithadoc.org](http://www.walkwithadoc.org).

“*Walk with a Doc* is honored to team up with Community Health Connection. By incorporating *Walk with a Doc*, Community Health Connection and Tulsa are demonstrating an exceptional level of caring and commitment to their community,” said Dr. David Sabgir, founder of *Walk with a Doc*.

**Date:** 3<sup>rd</sup> Saturday of each month, starting October 15, 2016

**Time:** 9:00 am

**Location:** Kendall-Whittier Park, 2645 East 5<sup>th</sup> Street

Why walk? “There’s no question that increasing exercise, even moderately, reduces the risks of many diseases, including coronary heart disease, breast and colon cancer and Type 2 diabetes,” said Dr. Schumann. “Research has even shown that you could gain two hours of life for each hour that you exercise regularly.”

According to the American Heart Association, walking as little as 30 minutes a day can provide these benefits, as well:

- Improve blood pressure and blood sugar levels;
- Help maintain a healthy body weight and lower the risk of obesity;
- Enhance mental well-being; and
- Reduce the risk of osteoporosis.



Tulsa joins a growing list of communities nationwide that have created local *Walk with a Doc* (WWAD) programs. WWAD was created by Dr. David Sabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus, Ohio and he has been walking every weekend since 2005. The expansion and support of the program is thanks to Anthem Blue Cross/Blue Shield.

Community Health Connection (CHC) is a Federally Qualified Health Center (FQHC) committed to meeting the lifelong health care needs of the northeast Oklahoma community. We provide the highest quality, affordable and accessible primary health care services in a culturally respectful and compassionate manner. At CHC we offer a broad array of services, including dental, prenatal/post-partum, pediatrics, family medicine, behavioral healthcare and discounted prescriptions to our patients. We accept private insurance, Medicaid and Medicare. We also serve individuals who are uninsured or under insured by offering a sliding fee scale to those who meet certain requirements.

####