



FOR IMMEDIATE RELEASE
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CITY OF HANFORD AND ADVENTIST HEALTH HANFORD LAUNCH WALK WITH A DOC PROGRAM

Walks will take place the third Saturday of every month from 9 – 10 a.m., rotating between Freedom and Centennial Parks

HANFORD, CA – The City of Hanford and Adventist Health are joining forces to encourage Hanford residents to take a step toward better health with Walk with a Doc, a health program that brings doctors and community members together to walk every third Saturday of the month.

Walk with a Doc is an international non-profit organization whose mission is to inspire communities through movement and conversation.

“This program has had tremendous participation and success in hundreds of cities around the world,” said City of Hanford Parks & Community Services Director Brad Albert. “I’m very pleased to bring this exciting and simple program to Hanford as it has shown such improved health results for countless people around the world.”

The Walk is open to the community. Participation is free and pre-registration is not required. Walkers will enjoy a refreshing and rejuvenating walk with an Adventist Health doctor, who will provide support to participants and answer questions during the Walk. Adventist Health’s mobile care unit, which provides high-quality, convenient healthcare with an emphasis on wellness, prevention, and family medicine, will also be on site.

“Walk with a Doc is honored to team up with the City of Hanford and Adventist Health. By incorporating this program into the practice, they are demonstrating an exceptional level of care and commitment to their community,” said Dr. David Sabgir, founder of Walk with a Doc.

“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 Adventist Health Ambulatory Medical Officer Dr. Raul Ayala. “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 the following benefits:

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

Hanford joins a growing list of communities worldwide that have started local Walk with a Doc (WWAD) programs. WWAD was started by Dr. David Sabgir, a cardiologist in Columbus, OH. He has walked with patients and community members nearly every weekend since 2005.

Learn more about Walk with a Doc at www.walkwithadoc.org.

MARCH WALK DETAILS

When: Saturday, March 18, 2023, 9 -10 a.m. (arrive by 8:45 to sign in)

Where: Freedom Park (2000 9 ¼ Avenue, Hanford)

March Doctor: Raul Ayala, MD

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About Adventist Health

Adventist Health is a faith-inspired, nonprofit integrated health system serving more than 80 eighty communities on the West Coast and Hawaii with over 400 sites of care. Founded on Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies, and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 34,000 includes employees, medical staff physicians, allied health professionals, and volunteers driven in pursuit of one mission; living God's love by inspiring health, wholeness, and hope. We are committed to staying true to our heritage by providing patient-centered, quality care. Together, We are transforming the healthcare experience with an innovative whole-person focus on physical, mental, spiritual, and social healing to support community well-being.

About Walk with a Doc

Walk with a Doc (WWAD) is a nonprofit organization whose mission is to inspire communities through movement and conversation with physician-led walking groups. Walk with a Doc was started in 2005 by David Sabgir, MD, a board-certified cardiologist in Columbus, Ohio. To learn more, go to the Walk with a Doc website.