

Rooks County Health Center and Dr. Jenny Maciaszek

invite you to

walk<sup>®</sup> with a  
DOC  
educate. exercise. empower.

ROOKS COUNTY  
RCH  
HEALTH CENTER

P.O. Box 389 Plainville, KS 67663



Sat. August 14<sup>th</sup>

Meet 8:45 AM

Walk 9:00 – 10:00 AM

Cardinal Track/Football Field

(202 SE Cardinal Avenue)

Inclement Weather – Cardinal Gym



Have fun and join us for a Walk with Dr. Jenny.

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to get some exercise, learn about health, and meet new friends. The event is **free**, open to **everyone**, AND.....**members of the PHS football and volleyball teams will be there to interact with your Kiddos, so please bring the ENTIRE family!**

