

# NAH Provider Walks



Start your day in a healthy way. Join Northern Arizona Healthcare providers on a walk around Buffalo Park!

Meet our Flagstaff-based primary care providers and physical therapists, spend time in nature, and receive free health education in a relaxed setting. This is your prescription for better health.

**Buffalo Park**  
**2400 N. Gemini Dr., Flagstaff**

Meet at the entrance gate at Buffalo Park at 7 a.m. for a one-hour walk on the following dates:

**September 12:**

Amy Britt, MD, Ellie Biesemeyer, PT, and David Thornton, MD

**October 10:**

David Thornton, MD, Meghan Hughes, MD, and Hugo Rodriguez, PT

**November 7:**

David Thornton, MD, Megan Alatorre, PA, and Emily Selby, PT



Northern Arizona Healthcare

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