# **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:

#### Wednesday, Aug. 6:

Meet Melissa Felder, PT, DPT, EntireCare; and Claire Veltkamp, FNP, Primary Care (providers may change)

#### Wednesday, Sep. 3:

Meet Jason Torbitzky, PT, DPT, EntireCare; Jennifer Dorn, FNP, Primary Care; and Derek Browne, DO, Primary Care

#### Wednesday, Oct. 1:

Meet Rachel Torbitzky, PT, DPT, CHT, EntireCare; Joe Lach, III, FNP, Primary Care; and Demetra Barr-Reynolds, MD, Primary Care

#### Wednesday, Nov. 5:

Meet Jacquelyn Povilaitis, PT, DPT, EntireCare East; David Thornton, MD, Primary Care; and Meghan Hughes, MD, Primary Care

### Wednesday, Dec. 3:

Meet Noah Janssen, PT, DPT, EntireCare; Madeline Tilley, FNP, Primary Care; and Amy Britt, MD, Primary Care

