

COME JOIN US!!

Walk with a Doc



Time: 12:10-12:45 pm

Location: Oneida Health Center Front Entrance

Come join us on the 1st Wednesday of each month as we walk, talk, and learn about an important wellness topic!

No registration required.

Giveaways each month (while supplies last).

Monthly Topics

May 1



Mental Health

Dr. Christine Garstka
Psychologist
Oneida Behavioral Health

June 5



**All Things Summer
and Child Safety**

Dr. Karen Lane
General Pediatrics
Oneida Medical Director

July 3



To Be Determined

August 7



To Be Determined

September 4



Diabetic Health

Lauren Cornette
Nurse Practitioner
Oneida Diabetes Program

October 2



Nutrition

Brianna Grosso
Registered Dietitian
Oneida WIC/Nutrition

For more information or questions contact
Amanda Riesenber, Stroke Prevention Wellness Coach