

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**



**Stress Management**

Katie Farley  
Nurse Practitioner  
Oneida Behavioral Health

**August 7**



**Pain of Opioids:  
Rising Above**

Rachel Seegers  
Scott Lalonde  
Counselors  
Oneida Behavioral Health

**September 4**



**Diabetic Health**

Lauren Cornette  
Nurse Practitioner  
Oneida Diabetes Program

**October 2**



**Nutrition**

Brianna Grosso  
Maria Boeck  
Registered Dietitians  
Oneida WIC/Nutrition

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