

# walk<sup>®</sup> WITH a DOC

October 11, 2025  
@ 8:30 am



**Andre Mackey, PharmD**  
Pharmacist

## ***Proactive Healthcare (An Ounce of Prevention)***

### **The Physical and Mental Health Benefits of Connecting to Nature**

This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is **FREE** and all are welcome!



*Future walks will be held on the 2nd Saturday of every month.*

**590 Building, 590 North Ave NW, Atlanta, GA 30318**

# **FAITH IN MOTION!**



Antioch Baptist Church North  
Rev. K. L. Alexander, Pastor

**Questions?**  
**404-688-5679**  
**Chapter #26038**

**CLICK HERE**  
**to learn more.**