

Tulane School of Medicine launches 'Walk with a Doc' program to get patients moving

March 14, 2019 11:15 AM Carolyn Scofield
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Tulane University School of Medicine is launching a Walk with a Doc chapter.

Doctors at Tulane University School of Medicine hope to encourage patients to get on their feet. Tulane doctors, along with medical students, are launching a chapter of [Walk with a Doc](#), a health program that brings doctors and patients together to walk every third Saturday of the month.

Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle. Founded by a cardiologist in 2005, the program now has 366

chapters in 46 states.

“I’m so excited that we are bringing this amazing organization to the Tulane community,” says Dr. Shauna Levy, director of bariatric surgery and assistant professor at Tulane School of Medicine. “As physicians it’s important for us to lead by example, and not just tell our patients to get moving but to stay active ourselves. Walk with a Doc provides a special opportunity for medical professionals and patients to interact outside of the office.”

The walk is open to anyone in the community who wants to join including children, pets and people of all abilities. The event begins with a short educational talk about a health topic, then a moderately paced walk around New Orleans City Park.

The first Walk with a Doc will be held this Saturday, March 16 from 9-10 a.m. The group will meet at the Peristyle in City Park (42 Dreyfous Drive). For more information, click [here](#).