



WALK WITH A DOC TOPICS 2025-2026

09/27/2025 - Stephen Pamatmat, MD - *Healthy Wallet, Healthy Life*

10/04/2025 - Thomas Ittoop, MD - *Wellness in Your Pocket: Stronger Minds Through Apps*

11/15/2025 - Richard Seidel, MD - *Colon Health Matters: Screening That Saves Lives*

12/13/2025 - Kyle Kennedy, PhD - *The Power of Words: Communicating with Clarity and Care*

01/31/2026 - Elise Elliot, DO - *Women's Healthcare and Seasons of Life*

02/21/2026 - Kyna Schreiber, MD - *Stroke Awareness: Prevention, Recognition and Recovery*

03/21/2026 - Gloria Duke, PhD - *Rethinking Pain: Hope and Healing Through PRT*

04/18/2026 - Tiya Johnson, MD - *Sweet Dreams Start Here: Simple Sleep Hygiene Tips*

05/09/2026 - Carla Wang-Kocik, MD - *Breath of Hope: Understanding Pulmonary Hypertension*

06/06/2026 - Raul Torres, MD - *Palpitations: When to Worry and How to Figure It Out*

START TIME: 8:00 AM

VENUE: Rose Rudman Park

MEETING PLACE: Woodcreek Gym Parking Lot

6110 South Broadway Ave, Tyler, TX 75703

PLEASE SCAN THE QR CODE TO REGISTER BEFORE YOUR FIRST WALK.

Our chapter number is **3628**

