



FOR IMMEDIATE RELEASE

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**VNA HEALTH CARE JOINED THE FOX VALLEY PARK DISTRICT AT THE OPENING OF A NEW
WELLNESS PATHWAY AND THE LAUNCH OF THEIR COLLABORATION IN NATIONWIDE
“WALK WITH A DOC” PROGRAM**

In partnership with the Fox Valley Park District, VNA launches a chapter of the nationwide program designed to provide a fun and safe place to walk, learn about health, and build community

AURORA, IL - Today, VNA Health Care and the Fox Valley Park District welcomed the community to enjoy the new wellness path and associated pods of outdoor exercise equipment as they hosted a kick-off walk at “Coach” Wilbert Walters Park in Aurora. This event marks the beginning of their participation in the nationwide “Walk With a Doc” program. A number of community members joined the inaugural walk this morning, which is a provider-led community walking group offering free health education and physical activity.

“VNA Health Care is committed to the holistic health of our patients of all ages, both physically and mentally. That’s why we are delighted to celebrate the beginning of our collaborative Walk with a Doc program, which will provide participants with a space to build community, access an opportunity for physical activity, and receive health information all at the same time,” said Linnea Windel, President and CEO of VNA Health Care. “As part of VNA’s wellness program offerings, I look forward to seeing how this program provides our patients and community with another opportunity to learn and live a healthy lifestyle, and we are grateful to the Fox Valley Park District for being such great partners on this initiative.”

This chapter of the program will host walks on the second and fourth Saturdays of each month, from 10AM to 11AM. All ages are welcome, and the health education topic and VNA provider present will change with each walk. Multiple VNA providers with different specialties will be rotated in to lead the walks, which will take place at the “Coach” Wilbert Walters Park at 533 N. Highland Avenue in Aurora, part of the Fox Valley Park District system.

“We share with VNA the excitement of introducing this community-based program,” said Jim Pilmer, Executive Director of the Fox Valley Park District. “It provides residents the opportunity to engage with local health professionals for better education and to positively impact their own well-being through physical activity within a local park.”

[Walk With A Doc](#) is a national, provider-led community walking group program aiming to make hope and health accessible to everyone around the world. provider-led walking groups are a safe, fun, and free place for participants to enjoy physical activity, learn about health, and meet new friends. Each walk starts with a group health education talk, and as the walk begins walkers are encouraged to ask health-related questions to the provider. VNA is one of 600+ Walk with a Doc chapters worldwide, and is the first and only Community Health Center in Illinois to participate in the program.

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About VNA Health Care

VNA Health Care serves more patients in the Chicago suburbs than any other Community Health Center, also known as a Federally Qualified Health Center. VNA serves more than 75,000 patients each year across 16 clinics. At the core of VNA's mission is a commitment to improving health equity and decreasing disparities in healthcare. VNA has served a diverse population regardless of insurance status for more than 100 years and this year marks its 20th Anniversary as a Community Health Center. To learn more, visit www.vnahealth.com.