

Walk & Talk

A FREE Walk Carroll Program

Each professional will give a brief introduction followed by a 45 minute walk!

Enjoy friends, have fun, and Walk & Talk with the following:

Personal Trainers: Lauri Kaufman & Aimee Riley

Location: Piney Run Park—30 Martz Rd, Sykesville, MD 21784 (meet in the parking lot by the tennis courts)

Day: Wednesday, May 1, 2019

Time: 5:30 p.m.

Diabetes Educator: Pamela Xenakis, RD, LD, CDE

Location: Cape Horn Park—3292 Cape Horn Rd. Hampstead, Maryland 21074

Day: Tuesday, May 14, 2019 (meet in the far parking lot)

Time: 6:00 p.m.

Nutritionist: Joni Rampolla, RDN, CSOWM, LDN

Location: Sykesville Middle School—7301 Springfield Ave, Sykesville, MD 21784

Day: Sunday, May 19, 2019 (meet at the school parking lot entrance)

Time: 8:00 a.m.

Doctor (Endocrinologist): Sara Loeffler, M.D.

Location: Wakefield Valley Golf Course—1000 Fenby Farm Rd, Westminster, MD 21158 (meet in the parking lot)

Day: Wednesday, May 29, 2019

Time: 6:00 p.m.



For weather cancellations visit our Facebook Page: [Walk Carroll](#)

[HealthyCarroll.org](#)

For more information please contact: Skyla Ertter at sertter@carrollhospitalcenter.org or 410-871-7648