



St. Paul Public Housing Agency

PHA News

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“Walk with a Doc” Kickoff Event

The St. Paul PHA is excited to partner with Allina Health United Hospital to bring “Walk with a Doc”, a walking program (and a national movement) to PHA residents. Each walk begins with a presentation by a United Hospital doctor, followed by a 30-minute walk with the doctor. This event is open to all St. Paul public housing residents of all ages and fitness levels as they are “encouraged to talk and walk with a doctor and take a step toward better health”.

The “Walk with a Doc” kickoff event was held on Wednesday, October 21, 2015 at the PHA’s Neill Hi-Rise in St Paul’s historic and beautiful Cathedral Hill neighborhood. Snacks and giveaways were provided for all participants. The PHA anticipates that this will be an ongoing event that will rotate to different PHA locations, allowing residents at many sites to participate.



(Photos by Laurie Wachter)

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