



Let's Walk!!

Midcoast Medicine & Wellness will be holding free monthly walks the first Wednesday of every month, in the evenings around 6-7 pm.

Come hear a short lecture about exercise and wellness, and walk with your doctor!

Walks will be approximately 30-40 minutes, rain or shine, and all are welcome!

We will start at the office, and walk through beautiful Camden, Maine, also including some of the many wonderful hiking trails throughout the Midcoast.

During the winter months of December through March, we will plan to walk indoors.

Please let us know via portal, or calling the office at 236-2169, if you are interested in joining the walk, and spending quality time with your doctor!

We will set a formal date and time to start our first walk once we have 10 participants signed up.

Together, let's make your exercise goals happen!!